

PURPOSE
IN THIS PLACE

REST, RELAXATION &
rejuvenation

What is your story about breath?

What is your story about sleep?

What is your story about space?

Which area of your life do you need more rest in?

- Physical
- Mental
- Sensory
- Creative
- Emotional
- Social
- Spiritual

What is one thing you can do to work towards creating more rest in that area?
