

4 Journal Prompts for Guilt-free Rest

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INTRODUCTION

Do you ever experience guilt for slowing down and pausing from work? Then grab a pen and try the following exercise!

<p>1 - LIST:</p>	<p>2 - REFLECT:</p>
<p>Write down everything you accomplished in the last seven days. Yes, everything. From [name little thing] to the [name big thing].</p>	<p>Once you've finished your list, take a moment to reflect upon all of your achievements. Chances are, you've done a lot!</p>
<p>3 - HONOR:</p>	<p>4 - REST:</p>
<p>Having reflected upon your accomplishments, tell yourself how proud you are. Choose an item from the list above, or write a general statement. Use the following prompt, if you like: <i>[your name] I am so proud that you accomplished [fill in the blank]. This shows that you are [choose a positive attribute to describe yourself].</i></p>	<p>Feel good about rewarding yourself with some well-earned rest. And if feelings of guilt ever come-up, just pull out your list and remind yourself that you've done enough. Writing + journaling often empowers us to let go of the negative messages guilt teaches us, while building-up muscles of self-love, self-worth, and self-respect that enable to rest, with ease.</p>

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