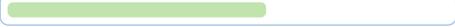


## Free Daily Rest Rituals To Rebuild Energy

Rest builds tomorrow's energy.  
Start filling your tank now.

 Recharging...

Treat rest as preparation, not a pause. →

-  Step away from screens earlier than usual
-  Spend five quiet minutes doing nothing
-  Get natural light before starting the day
-  Stretch or move slowly instead of rushing
-  Eat one meal without multitasking
-  Lower one expectation for the day
-  End the day earlier than planned
-  Choose rest instead of productivity once
-  Repeat the ritual that helped the most

**What helps me reset quickly?** ↴

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Rest now. Protect what comes next.  
[timeformoremetime.com](https://timeformoremetime.com)