

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

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Spend five quiet minutes doing nothing

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Get natural light before starting the day

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Stretch or move slowly instead of rushing

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Eat one meal without multitasking

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Lower one expectation for the day

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End the day earlier than planned

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Choose rest instead of productivity once

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Repeat the ritual that helped the most

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What helps me reset quickly? ↗

Rest now. Protect what comes next.

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