

Rest Now, Prepare for What's Next

A Free Winter Rest Ritual Template

Rest is preparation, not a pause.

One way rest supports my future energy is



- One quiet activity that restores me
- One habit I can slow down this week
- One evening ritual that helps me reset
- One boundary that protects my energy
- One small rest I can repeat daily

After resting, I notice

The energy I protect now supports what comes next.

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