



# A BREAK WORKSHEET

"The space and quiet that idleness provides is a necessary condition for standing back from life and seeing it whole"

*-Tim Kreider, New York Times*

1 IDENTIFY A COUPLE OBSTACLES YOU FACE TO REGULARLY TAKING TIME FOR ENJOYMENT, HOBBIES, AND REST:

2 CONSIDER AND WRITE DOWN SOME SIMPLE SOLUTIONS TO THE OBSTACLES THAT YOU LISTED ABOVE. HOW CAN YOU USE YOUR CURRENT WISDOM AND RESOURCES TO MITIGATE THESE PROBLEMS.

<i>obstacle</i>	<i>solution</i>



# A BREAK WORKSHEET

3 WRITE DOWN IDEAS FOR ACTIVITIES AND ROUTINES YOU COULD DO THAT WOULD FEEL LIKE A NEEDED BREAK. I'VE INCLUDED SOME IDEAS AND GUIDELINES BELOW:

## GUIDELINES

- 1. Choose something you enjoy!
- 2. Choose something accessible.
- 3. Choose something DIFFERENT than your everyday life.

## EXAMPLES INCLUDE:

- |                    |               |
|--------------------|---------------|
| TAKING A WALK      | SHOWER/BATH   |
| READING FOR FUN    | MEDITATION    |
| TALKING TO FRIENDS | DRAWING       |
| COOKING            | DANCING       |
| SLEEP              | YOGA          |
| NAPS               | RIDING A BIKE |

## COMMIT TO 30 DAYS OF BREAKS

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