

# BRING YOUR BEST GAME TO LIFE

## WORKSHEET 3 - TAKE TIME TO REST

### **Draw:**

On a blank piece of paper, draw a picture of a tree with roots and branches exposed.

- The branches represent the ways you're contributing to the world.
- The roots represent the ways you're renewing your energy.

### **Write:**

On your drawing of the tree, write on or around the branches the things you're doing and achieving; the ways you're spending your energy. What ways are you giving of yourself, or putting yourself out into the world? Some common areas to consider are: things you're pursuing in your sport or career; activities you're involved in; possessions you're accumulating; experiences you're pursuing; relationships you're tending to; things you're accomplishing.

Now, on that same drawing, write on or around the branches the ways you're feeding and fueling yourself so that your life is sustainable. How are you renewing your energy?

Some common areas to consider are: ways you're honoring your values; spiritual practices; anything you do or experience that helps make you whole.

### **Observe:**

- Where are there imbalances in your life?
- If you could re-draw this diagram, what are some things you might include that aren't there now? How could you create better balance?
- If you had all the time in the world, how would you spend your time differently?

### **Try:**

Choose one way, each day, that you're going to re-fuel yourself. Here are some ideas:

- Commit to a 10-minute pause before you start your day.
- Turn off all electronics 30 minutes before bed.
- Schedule a recurring massage/facial/personal training/therapy appointment.
- Give yourself the opportunity to get 8 hours of sleep each night.
- Make a list of books you'd enjoy reading or movies you want to watch and read/watch them!
- Think of an interest you held in your younger life that you've let fall by the wayside; pick it back up!
- Think of a hobby or interest you've always wanted to pursue, and plan it.
- Do nothing for a set period of time.

See what's possible when you rest. Write about it or share your experience with a friend.