



1. *What does rest look like for you? What do you currently do that nurtures your spirit and fills you with delight?*
2. *What aspects of your life distract you from resting? Do you have any bad habits when it comes to rest? What might you need to avoid?*
3. *What habits and practices make up your current rule of life around rest (intentional or unintentional?)*
4. *Do any of your habits need stopping or adapting?*
5. *What are some practices you've wondered about exploring?*

6. *Start small! Choose 1 practice that supports the rooting of your life in rest to focus on building into this next season.*

## A Rule of Life doesn't have to be daily

- HABITS | DAILY (Having a bedtime for yourself, reading scripture, daily solitude and silence, having a hard “finish time” each night for work, taking breaks throughout the day, turn your phone off at a particular time)
- SCHEDULE | WEEKLY (A Sabbath)
- CALENDAR | MONTHLY (A morning retreat, a monthly trip to the beach)
- TRADITIONS | ANNUALLY (eg. An annual holiday, taking all your annual leave)
- LIFETIME RHYTHMS | 7-10 YEARS (A Sabbatical)

We'd love each person to commit to review or start a new habit that roots their life in rest.

## Practice Ideas

- Weekly Sabbath
- Going to bed at the same time each night
- Solitude and silence
- An annual holiday
- Having a hard “finish time” each night for work
- Taking breaks throughout the day
- Turn your phone off at a particular time each evening
- Turn your phone off for a day a week
- An annual holiday
- Remove emails from phone at weekend
- Sleep a full 8 hours

- A morning retreat
- Regular walks in nature
- A habit that improves sleep (bath before bed, avoiding caffeine, exercise no closer than 2/3hrs before bed, avoid alcohol before bed, no screens before bed etc)
- Planning a Sabbatical
- Regular activities you love (gardening, walking the dog, being in nature, talking with close friends, cooking, painting, jumping out of airplanes)
- Taking all your annual leave
- Weekend naps