



# 7 DAYS OF REST

7 DAYS TO INTENTIONALLY  
MAKE SPACE FOR REST

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WALK IT OUT  
GO TO SLEEP  
TRY SOMETHING NEW  
JOURNAL  
FEED THE KIDS FIRST  
READ ALOUD (TO YOURSELF)  
RECORD YOUR THANKS

# DAY 1

First, I'd like to give you permission. I give you full permission to rest. You may be daunted by the idea of intentionally shifting your perspective from *doing* to a rhythm of *resting*. You might be thinking "if I rest I won't get anything done!" Quite the contrary. I propose that you think about rest as the beat or rhythm of your favorite song. Most of the time we get caught singing the lyrics to our favorite song and don't even realize the beat that's going on in the background. But that beat or rhythm is driving the song in a direction. The same is true for rest. Our rest can be the background beat and rhythm to our lives if we choose so: driving us in a direction towards a life of more success, joy, and peace.

I invite you to take a minute and grab your journal, a piece of paper, or anything you can write on. Open up to a blank page and write out what "rest" means to you. Once you're finished, hold on to your definition of rest but do not look at it until the end of the week.

**Prompt: Walk it out**



Today is simple. You get to go on a walk! I want you to take a pen and write "walk" on your hand. When you feel slightly stressed today, things aren't going as planned, or you find yourself tired, this reminder on your hand is going to be your friend. Take a 20 minute walk and don't overthink it. **There is only one rule: do not bring your phone.** This walk is simply for pleasure and enjoyment. Enjoy the sounds you hear; birds, cars, the wind rustling through the trees, the sound of your children running around. The only intention of this walk is for pure pleasure. This is not selfish. This is rest.

# DAY 2

## **Prompt: Go to sleep**

Sometimes our biggest issue is our lack of awareness. We're unaware of what our bodies are communicating to us. Think of your children right now. When you notice they are irritable, acting out, or overly sensitive you instinctively know they're probably exhausted. So what do you do? You put them to bed, even while they grumble and fuss about it. You can see from the outside and know what is best for them. Sadly, as adults we can lose this instinct in our own lives. We busy ourselves to death and can't seem to understand why we're unable to juggle kids, working out, making dinner, being a good friend, working, cleaning, creating, teaching, and being a spouse (etc.). Have you ever stopped to think maybe you need to go to bed? Seriously, tell yourself it's time to go to bed just like you would to your kids. So tonight, I want you to go to bed an hour earlier than you normally do. Put aside the Netflix show, put aside the cleaning, put aside the prepping, put aside the book, put aside whatever you think you need or want to do and go to bed.



# DAY 3

## **Prompt: Try something new**

Often we feel unrested because we are so routine-based. While routine is healthy, so is stepping outside of our day-to-day to try something new. We might think if we step outside of our routine we'll compromise the dedication and time it took to develop the routine. Or better yet, we worry our kids will go completely out of sorts if we get them out of routine. It's time to loosen the reigns of control and try something new. When we were children our brains were constantly being stimulated by new experiences. This made time feel slower, we felt more alive, and could remember experiences better. To create that same experience in our brain we literally have to put ourselves in new situations and try new things. It may feel uncomfortable at first, but trust me, your brain is salivating already for it! So, is there a new coffee shop you want to try out? Have you wanted to have dinner out on the porch? What about a class you've wanted to sign up for? Or how about trying a new food? It can be as big or as little as you'd like. Just try something new today.



# DAY 4

## **Prompt: Journal**

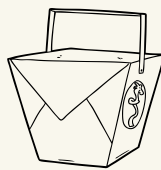
Journaling can feel like a constant therapy session where you have to face your feelings or revisit a troubling moment over and over again. But it doesn't have to be. Instead, journaling can be a quiet space where you explore your heart, your day, and your dreams. Journaling is unrestful when we are trying to obtain or get something from it. Its power becomes lost when we position ourselves to journal for something in return. Simply, journal to write or draw. Our unrest comes in all sorts of forms, one being the build up of our emotions. Journaling is the easiest way to let out how we feel in a safe, private environment. This release of emotions gives your mind and heart a place to park so that you can choose rest throughout your day. Grab your favorite pen and start writing!



# DAY 5

## **Prompt: Feed the kids first**

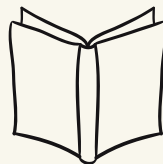
I think this prompt may be your favorite! Tonight, feed the kids first. Family dinners are great but so is quality time with your spouse. All you need to do tonight is to feed your kids first and then place an order for your spouse's favorite take-out. You can either put the kids to bed or let them watch a movie while you and your spouse enjoy a quiet meal together with zero prep and zero cleaning! A few shared, sacred moments. I think it's important to not feel bad about this. Your kids will be fine. Don't worry!



# DAY 6

## **Prompt: Read aloud (to yourself)**

I know we're 100% sold out for reading aloud to our children. You can do a quick online search and see the benefits immediately-like being the single most important activity in learning language development. Can I ask you a question? When was the last time you read aloud to yourself? Today you get to. I want you to take whatever you're currently reading for yourself and when you pick it up, read it aloud. Take this slowly just as you would with your children. **Important: take a deep breath after each paragraph.** By breathing deeply after each paragraph (you can even do each sentence) you'll begin to feel rest come upon you. I think you'll be surprised at 1) how difficult it is to slow down for yourself 2) how you much you love it. This prompt can be used to immediately invite rest and diminish busy-ness. You can't enjoy reading aloud if you rush it. So slow down, sink into a rhythm and an emotion, and enjoy.



# DAY 7

It's your final day! You've intentionally set aside time to rest this week and I hope you are beginning to see that rest is something we can cultivate daily if we choose to do so. Today, jot down *what rest means to you now* in a few sentences. Then, take out your definition of rest that you wrote a week ago. Take a few minutes and compare your two definitions. Has your view of rest changed at all this week? Do you have a new perspective on what rest really means?

## **Prompt: Record your thanks**

Get out your cell phone and find the record button. You are going to record yourself talking. Once you hit record, begin to name what you are thankful for. Set a timer for 5 minutes and let yourself ramble! If you find this difficult to do under pressure, please feel free to opt out of the timer. Once you are finished, **put it away** and over the next week listen to the recording once a day. This will begin to more clearly reveal what matters most to you. It will also remind you of what you have been given and will provide rest to your soul. Thankfulness, like rest, is not something on the forefront of our minds 24/7. And if it were, nobody would be exhausted, overwhelmed, or busy! We must cultivate the soil of our lives (like by saying what we are thankful for) over and over again to harvest the fruits: joy, peace, and contentment.





# CONCLUSION

You made it! Even if you only did one day, I just want to say it's okay. And even if you glanced over every topic only to arrive at this paragraph, it's okay. Rest is always there and always available to us. I hope you were encouraged with the small journey of rest you took this week. I hope you began to see what rest truly is and what it looks like. It's not always the same and sleeping isn't always what we need more of. We grow in our capacity to live from rest just like anything else in our lives. I hope you use this week as a launch pad unto a life marked by true rest.

You are amazing!

The BFB Team