

Part 4

Sensory and creative & gifts to yourself



Find sensory rest:

- **Unplug:** The world won't stop if you miss a notification
- **Test your sensory response:** Not all sensory input is created equal
- **Identify and target:** Look for restful alternatives

Find creative rest:

- Build sabbaticals into your life: Make a plan.
- Explore new things:
- Work with your body clock: Natural circadian cycle

7 secrets to a life well rested:

1. Don't bend your life to fit into a space too small for your personal needs.
2. More is only better if you already have a system for releasing the overflow.
3. Your only limits are the mental ties you allow to bind you.
4. Truth is the ultimate healing elixir.
5. When you step out of the familiar into something new, expect to stumble along.
6. The war against fatigue in your mind, body, and spirit is won through submission. When you lay down on purpose today gains potential power for the future.
7. The power to overcome busy is hidden in the depths of surrender.

Plan to unplan:

- **Purge and simplify:** Take inventory of your schedule and todo list- purge and simplify
- **Relinquish control:** you are still a superhero even if you don't do it all.
- **Put your own mask on first:** When you don't focus on yourself you cannot enjoy your life and others can't enjoy you.

Gifts from you to you:

- **Boundaries:** Let your yes be a yes, and your no be a no.
- **Acceptance:** The freedom to live unattached to the validation of others.
- **Permission:** Removes the guilt associated with rest.
- **Cessation:** The ability to stop.
- **Communication:** Active communication.
- **Productivity:** You can be busy and still lack productivity