



Petal & Paper

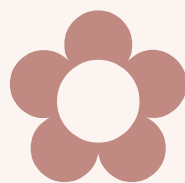
YOUR FREE PRINTABLE

Intentional rest day planner



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R E S T D A Y 

intentional rest

Date · ____ (give yourself permission — this is allowed)

Physical rest · A lie-in ☐ A nap ☐ Gentle movement only ☐
Nothing strenuous ☐

Mental rest · No work ☐ No to-do list ☐ Put the phone away ☐

Sensory rest · Quiet ☐ Time outside ☐ Less screen, less noise ☐

Emotional rest · Time with people who refill me ☐ Or solitude ☐

Something purely for joy · _____

What I will NOT do today · _____

 R E S T I S N O T A R E W A R D F O R
F I N I S H I N G — I T ' S P A R T O F H O W Y O U
K E E P G O I N G

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