Precision Rest Toolkit — Intentional Break Planner (A4)

Pick one micro-rest • Set an end time • Define your re-entry step

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# 1) Choose Your Rest (check one)

**☀️ Ten Breaths by the Window**

* • Stand near light
* • Inhale 4 • Hold 4 • Exhale 6 (×10)
* • Shoulders down • Jaw unclench • Quiet eyes

**🚶 Brisk 5-Minute Walk**

* • Route: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* • Pace: Easy → Moderate • Posture tall
* • What I noticed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**📚 20 Pages at Lunch**

* • Book: \_\_\_\_\_\_\_\_\_\_ Page start: \_\_\_\_ End: \_\_\_\_
* • Theme/Takeaway: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# 2) Time Box (commit to an end time)

Start: \_\_\_\_\_\_ End: \_\_\_\_\_\_ Timer used: ☐ Yes ☐ No

Location: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Distractions moved (Y/N): \_\_\_\_\_\_

# 3) Re-entry Step (the smallest next action)

Action: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Accountability buddy: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# 4) Quick Check-In

Before (1–5): 1 2 3 4 5 After (1–5): 1 2 3 4 5

Mood: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Energy: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Rest is fuel, not escape — set the end, then re-enter with one tiny action.***Boosta.life**