

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.

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