Precision Rest Toolkit — Intentional Break Planner

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

Boosta.life

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.