

REST ETHIC

Worksheet

Date:



SECTION 1: SELF-ASSESSMENT

1.1 YOUR CURRENT RELATIONSHIP WITH REST

- On a scale of 1-10, how would you rate your current rest ethic?
- List three times in your life when time off led to a creative insight or meaningful experience.
- What are your biggest barriers to taking quality time off?

1.2 REST ETHIC AUDIT

Rate your habits (1-5) across these categories:

- Sleep Quality
- Time Spent in Solitude
- Time for Playful Activities
- Physical Exercise
- Reflection and Journaling

1.3 REFLECTION QUESTION

What patterns do you notice in your current rest habits? What works, what doesn't work?



SECTION 2:

DEFINING YOUR REST ETHIC

2.1 YOUR REST GOALS

- What would you like your ideal week to look like if you could perfectly balance work ethic and rest ethic?
- Describe a perfect day of noble leisure.

2.2 TIME OFF ARCHETYPE

Which archetype do you relate to most and why? (Feel free to pick more than one):

- *The Artist*: You thrive in unstructured solitude and creative play.
- *The Explorer*: Travel and novelty inspire your creativity.
- *The Thinker*: Reflection and quiet contemplation fuel your insights.
- *The Connector*: Social rest and meaningful conversations recharge you.

2.3 REFLECTION QUESTION

How can you intentionally incorporate your archetype's strengths into your daily routine?



SECTION 3: REST STRATEGIES

3.1 SLEEP LIKE A PROFESSIONAL

- What is your chronotype and ideal sleep schedule? Is it aligned with your current life?
- List 3 actions you can take to improve your sleep hygiene.

3.2 BUILD MICRO-REST HABITS

- Write down 3 small rest habits you can incorporate daily (e.g., short walks, device-free moments).

3.3 ACTIVE REST

- What physical activities bring you mental clarity?
- How can you include them more regularly in your week?

3.4 REFLECTION QUESTION

What is one rest habit you can start this week?



SECTION 4:

EMBRACE PLAY AND SOLITUDE

4.1 THE POWER OF PLAY

- List three playful activities you love but haven't done recently.
- When can you schedule at least 30 minutes this week to play?

4.2 INTENTIONAL SOLITUDE

- What activity allows you to experience meaningful solitude? (e.g., walking, reading, meditating)
- Plan one session of intentional solitude this week.

4.3 REFLECTION QUESTION

What insights have you gained in moments of solitude before?



SECTION 5:

DESIGN YOUR REST ROUTINE

5.1 WEEKLY REST BLUEPRINT

- *Daily Rest Ritual:* (e.g., Evening reading, morning reflection)
- *Weekly Rest Activity:* (e.g., Long walk, day off for creative play)
- *Monthly Rest Reset:* (e.g., Digital detox weekend, mini-retreat)

5.2 BOUNDARIES FOR TIME OFF

- List one boundary you will set to protect your rest time. (e.g., No emails after 8 PM)

5.3 REFLECTION PRACTICE

- Create one rest-inspired reflection prompt (e.g., "What brought me joy today?") and commit to reflecting on it once a day for 7 days.

5.4 REFLECTION QUESTION

What changes do you expect to see in your life after consistently practicing your Rest Ethic?



SECTION 6:

COMMIT TO YOUR REST ETHIC

YOUR REST ETHIC MANIFESTO

Write a short manifesto (3-5 sentences) summarizing your commitment to rest.

Example:

"I commit to prioritizing meaningful time off, protecting my energy, and valuing rest as an essential part of my creativity and well-being."



CALL TO ACTION

NEXT STEPS

- Share your manifesto with a friend or loved one, and post it somewhere where you see it regularly.
- Commit to implementing your insights and findings from this worksheet.

FEEDBACK

- We'd love to hear about your experience with the book, this worksheet, and Time Off in general.
- Please send us an email at contact@timeoffofficial.com.