



THE TOTAL FITNESS & SELF LOVE PROGRAM

Week 9

Rest & Recovery Workbook

Answer These Questions:

What are you most proud of so far on this journey? This could be your inner or outer changes, relationships with others, relationship with yourself, being more proactive over reactive.

What have you accomplished this far and how do you feel about yourself?

As of today, what are your top 3 challenges? Were you able to solve your previous top 3 at all?

As of today, what is your **biggest** challenge?

What did you decide for your Rest, Recovery & Relaxation activity? Why?

Was it fulfilling? Did you take that time for yourself or did it get filled up with something else?

How could you improve it for next time, what would you do differently? Enforce the time taken for yourself, saying no to others or yourself who try to fill this time with something else?

What would you choose the next time you need some Rest, Recovery & Relaxation?

Keep going! I'm so PROUD of you!! 😊