

Pacing & Protecting My Energy

A gentle space to notice patterns in your body and wellbeing without judgement. Use only the sections that feel useful.

What do I tend to push through?

What are my signs that I need a pause?

Which tasks could be broken into smaller steps?

What could be postponed, shared or simplified?

What type of rest actually helps me?

Where do I find it difficult to say no?

What would a more sustainable day look like?

One thing I can pace differently is...