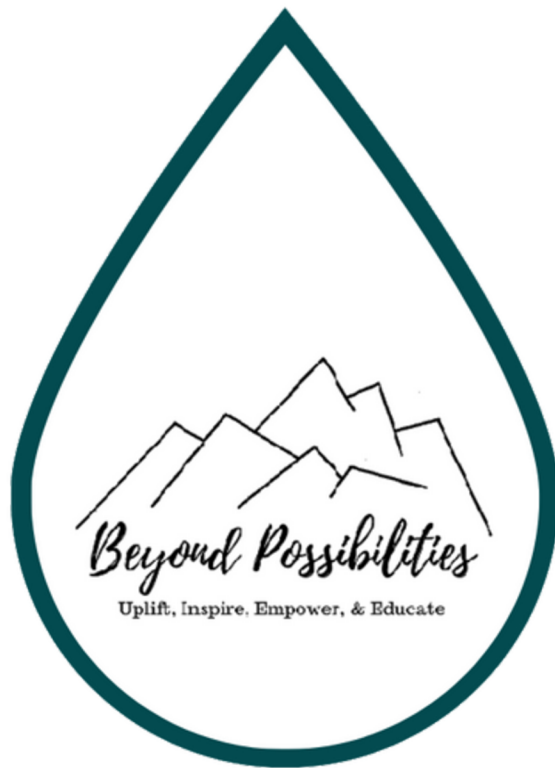
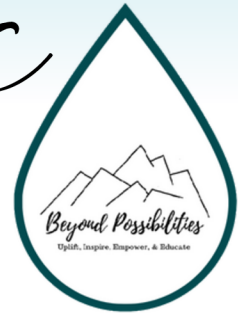


# TUNING INTO YOUR TRUE NEEDS *Workbook*



INCLUDES 10 PAGES

# TUNING INTO YOUR TRUE NEEDS *Workbook*



*This Book Belongs To*

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# What Do You Really Need Right Now? A Path to Rest, Regeneration, and Renewal

Let's explore how you can reconnect with your whole self and discover what you really need to feel nourished, restored, and alive.

## 7 Types of Rest: A Brief Reflection

1. Physical Rest – Your body asks for stillness. This might mean sleep, stretching, or a walk.
2. Emotional Rest – Your heart longs to release. Self-care, boundary-setting, and journaling help here.
3. Mental Rest – Your mind seeks space. Take a break, play with puzzles, practice mindfulness.
4. Sensory Rest – Your senses crave quiet. Step away from screens, be in nature, enjoy a book.
5. Social Rest – Your soul needs connection—or solitude. Spend time with loved ones or simply be alone.
6. Creative Rest – Your spirit yearns to express. Paint, write, explore something new.
7. Spiritual Rest – Your inner self calls for meaning. Meditate, reflect, and reconnect.

Take time each day to tune into yourself. What do you truly need to rest, reset, and live from a space of regeneration and renewal?

This workbook provides journal prompts to help you discover what you need. Simply print off the pages that support you on your journey.



AFTER MEDITATION, TAKE A FEW MOMENTS NOW TO  
WRITE FREELY. LET THESE PROMPTS GUIDE YOU INTO  
DEEPER SELF-AWARENESS





**What did my body tell me during the meditation?**

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**How do I feel emotionally right now—and what might I be suppressing?**

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**What mental patterns or thoughts showed up for me?**

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**Which of the 7 types of rest do I need the most right now?**

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**What small, compassionate action can I take to meet that need today?**

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**What surprised me during this meditation?**

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**What am I grateful for in this moment?**

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**What do I need to focus on today for self-care?**

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## WHAT DID MY BODY TELL ME DURING THE MEDITATION?



HOW DO I FEEL EMOTIONALLY RIGHT NOW—AND WHAT MIGHT I BE SUPPRESSING?



A series of horizontal lines for writing, consisting of 25 lines spaced evenly down the page.

WHAT MENTAL PATTERNS OR THOUGHTS SHOWED UP FOR ME?



A series of horizontal lines for writing, spanning the width of the page below the question.

WHICH OF THE 7 TYPES OF REST DO I NEED THE MOST RIGHT NOW?



WHAT SMALL, COMPASSIONATE ACTION CAN I TAKE TO MEET  
THAT NEED TODAY?



A series of horizontal lines for writing, spanning the width of the page below the question.

WHAT SURPRISED ME DURING THIS MEDITATION?



A series of horizontal lines for writing, consisting of 25 lines spaced evenly down the page.

## WHAT AM I GRATEFUL FOR IN THIS MOMENT?



WHAT DO I NEED TO FOCUS ON TODAY FOR SELF-CARE?



A series of horizontal lines for writing, consisting of 25 lines spaced evenly down the page.