# Nourishing Rest + Resilience Tracker *How To*

**What You Need:**

Journal + Pen or Pencil

Curiosity

5-10 minutes at the start of each week

**Setting Your Intention for the Week**

1. Set aside a few minutes at the start of your week (perhaps Sunday evening) to set your intention for nourishing rest + resilience that week. Add it to your calendar or create a reminder with an alarm to help you remember.
2. Begin with taking a few slow, deep breaths while sensing your body's connection with gravity & ask for the support & guidance of your Inner Wisdom for discerning your weekly intention.
3. Ask Inner Wisdom "What will be most supportive for nourishing rest + resilience this week?" & notice anything that surfaces – words, images, sounds, feelings – noting things in your journal.
4. Explore the practice in the members portal for the Well Rooted Mama Collective + consider the practices that you already know bring peace + calm.
5. Consider what worked, what didn't work + what obstacles you encountered for rest + resilience practices last week.
6. Choose 1-5 practices to play with that week, list them on the Tracker + with Inner Wisdom guidance, decide how often that week you're going to do them
7. Write your intention on your Tracker

   *Example: I am nourishing rest + resilience with hydrotherapy showers + tree mediations to start each day + 5 minutes of 3-part breath before bed.*

   *Example: I am nourishing rest + resilience with 5 minutes of legs up the wall (2x this week) + Grounding Into Present each morning.*

**Throughout the Week**

1. Check off time you do one of your selected practices.
2. Without judgement, notice anything (thought, feeling, circumstance, action) that's preventing you from doing a practice.

**Before Setting the Next Weekly Intention**

Reflect on your week in your journal:

What worked? What didn't work?

What felt supportive for nourishing rest + resilience?

What obstacles did you encounter + how might those obstacles be shifted for the coming week?

How did nourishing rest + resilience *feel*?