



set your
own pace

Your vital pace

Once you've identified your essential activities, you'll need to schedule these as your vital pace for the next two weeks. You can use this template as your calendar, or add your tasks to your preferred diary method.

Wherever you find gaps in your days, include activities from your Rest Bank that allow you to recharge emotional, mental and physical energy. You could think of these weeks as a holiday from your boom-and-bust lifestyle, from which you'll return ready to pursue new activities and use your energy for your own happiness.



Week commencing: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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