



YOUR HEALTH IS YOUR WEALTH®
SLEEP, REST & RECOVERY
WORKSHOP COMPANION

A place to notice, reflect, and
capture what matters to you.

Beyond Your Limits Inclusive Fitness & Recreation

Welcome to Your Workshop

This companion is a place to capture what stands out to you as we explore sleep, rest, and recovery together.

Use it in whatever way is most helpful to you. Jot down an idea, answer a reflection question, make a note you want to remember, or simply listen when you would rather not write.

You do not need to complete every space. This is your record of what matters to you today.

There is nothing to finish and nothing to get right.

Kelly Sipe

Founder, Beyond Your Limits Inclusive Fitness & Recreation

ARRIVE & NOTICE

Begin with what is true for me today.

Before we explore anything, take a moment to notice where you are today. You don't need to explain or change anything—just notice.

Right now, I feel...

When I think about my sleep, rest, and recovery, what stands out most is...

Something I hope to better understand today is...

This is a starting point, not a score.

UNDERSTAND

Explore what supports sleep, rest, and recovery.

WHAT STANDS OUT TO ME

Use this space for ideas, reminders, questions, or anything I want to remember.

EXPERIENCE

Notice what happens when I slow down.

BREATH PRACTICE

BREATHING WITH A LONGER EXHALE

Notice your breathing and anything else that changes—or doesn't change—as you practice.

Before I begin, I notice...

As I practice, I notice...

Afterward, I notice...

EXPERIENCE

Notice what happens when I slow down.

BODY PRACTICE

TENSION & RELEASE

Notice the difference between creating a little tension and intentionally letting it go.

Before I begin, I notice...

As I practice, I notice...

Afterward, I notice...

CHOOSE

Decide what feels useful to carry forward.

LOOKING BACK AT TODAY

Take a moment to reflect on what you heard, experienced, and noticed during our time together.

Something I understand differently now...

Something I noticed about myself...

Something I want to explore further...

What direction feels right for me now?

WHAT COMES NEXT

Continue noticing, exploring, and discovering what supports you.

YOUR SIX-DAY GUIDED PRACTICE

Your workshop experience doesn't end today.

Over the next six days, you'll use **My Sleep, Rest & Recovery Practice — A Six-Day Guided Practice**, a companion workbook designed to help you continue exploring what sleep, rest, and recovery look like in your everyday life.

Each day, the workbook gives you a simple focus, a short reflection, and space to notice what you are learning about yourself.

You don't need to complete each day perfectly. Use the workbook as a place to notice, explore, and discover what supports you.

Take what is useful. Leave what isn't. Keep noticing what you need.