



HARVESTING REST

**REST
IN EVERY
SEASON**

RECLAIMING BALANCE



How to Use This 7-Day Rest Journal

This journal is your companion in cultivating rest as a daily practice. Over seven days, you'll explore rest through seven themes, each nourishing and intentional. Take time each day for reflection, free writing, and inspiration through quotes about rest as you journey towards balance and renewal.

Mindful Monday: Begin your week with awareness. Pause, breathe, and notice how your body feels. Write about where you are and what you need to feel centered.

Toolbox Tuesday: Focus on your tools for wellness. What resources, practices, or boundaries help you find rest? Name them and commit to using one today.

Wellness Wednesday: Take stock of your overall well-being. Reflect on your physical, emotional, and spiritual health. What small act of care can you offer yourself right now?

Thankful Thursday: Practice gratitude. List what you are thankful for and allow gratitude to bring calm and perspective.

Freedom Friday: Release what no longer serves you. Write about the barriers that you're ready to surpass to get closer to your peace.

Sol-ful Saturday: Celebrate light and life. Spend time outdoors, soak in the sun, and reflect on the joy that comes from just being.

Sacred Sunday: Honor stillness. Let this be a day of deep physical and spiritual rest. Use your freewriting page to capture any insights, dreams, or prayers that come to the surface.

At any time of the year, you can return to this journal as a reminder of what rest feels like and why it matters. In seasons of chaos or stress, these pages can help you reconnect to the peace, grounding, and grace you deserve as a farmer and steward of the land.



Mindful Monday

Am I being intentional today?

Mentally

Physically

Spiritually

Today I'm Grateful for

Something that Made Me Smile Today

Water Intake



1 2 3 4 5 6 7 8 (Glass)

Mood of the Day



Notes/Reminder

Tomorrow I Envision...

Use the following page to engage in freewriting; let your thoughts flow freely as you contemplate how to show up and remain present during the moments of stillness that occur throughout your day.

Monday

date: _____

[illegible]

Just when you feel you have no time to relax, know that this is the moment you most need to make time to relax. —Matt Haig

Toolbox Tuesday

How can I relax and recharge today?

Mentally

Physically

Spiritually

Today I'm Grateful for

Enjoyable Emotions I Experienced Today

Water Intake



1 2 3 4 5 6 7 8 (Glass)

Mood of the Day



Notes/Reminder

Tomorrow I Envision...

Utilize the next page for freewriting; allow your thoughts to flow naturally as you reflect on the tools available to you for achieving rest and balance.

Tuesday

date: _____

This image shows a full page of blank, cream-colored paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.

Self-care means giving yourself permission
to pause. —Cecilia Tran

Wellness Wednesday

How am I caring for myself today?

Mentally

Physically

Spiritually

Today I'm Grateful for

Something that Brought Me Peace Today

Water Intake



1 2 3 4 5 6 7 8 (Glass)

Mood of the Day



Notes/Reminder

Tomorrow I Envision...

Use the nexts page as a space for freewriting; allow your thoughts to flow naturally as you reflect on the ways in which rest enhances your overall well-being.

Wednesday

date: _____

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Self-care is not a waste of time. Self-care makes your use of time more sustainable. —Jackie Viramontez

Thankful Thursday

Am I choosing gratitude today?

Mentally

Physically

Spiritually

Today I'm Grateful for

The Best Part of the Day Today

Water Intake



1 2 3 4 5 6 7 8 (Glass)

Mood of the Day



Notes/Reminder

Tomorrow I Envision...

Utilize the next page for freewriting; allow your thoughts to flow naturally as you reflect on gratitude and how embracing thankfulness can help calm your mind.

Thursday

date: _____

[illegible]

Do something nice for yourself today. Find some quiet, sit in stillness, breathe. Put your problems on pause. You deserve a break. —Akiroq Brost

Freedom Friday

Am I freely expressing myself today?

Mentally

Physically

Spiritually

Today I'm Grateful for

Something that Brought Me Peace Today

Water Intake



1 2 3 4 5 6 7 8 (Glass)

Mood of the Day



Notes/Reminder

Tomorrow I Envision...

Use the following page to engage in freewriting; let your thoughts flow freely as you contemplate how rest is not a reward but a birthright. Can you enjoy your rest without guilt?

Friday

date: _____

[illegible]

As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others. —Maya Angelou

Sol-ful Saturday

Am I seeking joy today?

Mentally

Physically

Spiritually

Today I'm Grateful for

Something that Warmed My Heart Today

Water Intake



1 2 3 4 5 6 7 8 (Glass)

Mood of the Day



Notes/Reminder

Tomorrow I Envision...

Get outside and soak up some sunshine. Spend a leisurely day in the great outdoors. What activities did you engage in? Who accompanied you? Take a moment to freewrite about your experience on the following page.

Saturday

date: _____

[illegible]

Self-care is how you take your power back. —
Lalah Delia

Sacred Sunday

Am I honoring my higher self today?

Mentally

Physically

Spiritually

Today I'm Grateful for

Something that Felt Inspirational Today

Water Intake



1 2 3 4 5 6 7 8 (Glass)

Mood of the Day



Notes/Reminder

Tomorrow I Envision...

Engage in Freewriting for Soulful Reflection

Utilize the next page to engage in freewriting; allow your thoughts to flow effortlessly as you reflect on what nourishes your soul and brings you feelings of peace, joy, and purpose.

Sunday

date: _____

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

The challenge is not to be perfect—it is to be whole. —Jane Fonda

Here is a compilation of resources designed to assist you in your quest to reclaim rest and explore the development of a consistent rest protocol for your farm.

Books:

- Rest is Resistance by Tricia Hersey
- My Grandmother's Hands by Resmaa Menakem
- Braiding Sweetgrass by Robin Wall Kimmerer
- Farming While Black: Soul Fire Farm's Practical Guide to Liberation on the Land by Leah Penniman
- Sacred Instructions by Sherri Mitchell
- The Color of Food: Stories of Race, Resilience and Farming by Natasha Bowens

Social Media Pages:

- [Indigenous Circle of Wellness](#)
- [Latinx Therapy Network](#)
- [Black Liturgies](#)
- [Heal Haus](#)
- [The Nap Ministry](#)
- [The National Queer & Trans Therapist of Color Network](#)
- [The Asian Mental Health Project](#)

Wellness Support for Farmers:

- [RAFI's Farm Advocacy](#)
- Farm Aid [Resources for Farmers](#)
- Open Path Collective [Find Counselor](#)
- Soul Fire Farm [Programs](#)
- NC Agromedicine Institute [Request Free Counseling Services](#) | [Farm and Ranch Stress Assistance Network-North Carolina](#)
- BEAM [BEAM: Black Emotional and Mental Health Collective](#)

REST IS NOT A
REWARD. IT IS A RIGHT.
OUR ANCESTORS
DREAMED OF OUR REST.
LET'S CLAIM IT,
IN EVERY SEASON.

