

# Day 5: Rest

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## *Habits of a Productive Woman*

*The questions in this worksheet reference what I will refer to as “chapter five,” or our fifth blog post in this series. You can view that on your device or computer, right here:*

<https://kristyscottage.com/read-31-days-to-a-more-productive-you/>

**In chapter five, we talked about the first habit of productivity: Rest.**

**Rest is a really small thing that has a huge impact on our personal productivity.** But it probably isn't the first thing that comes to mind when you think about being productive!

**What does come to mind when you think of “productivity?”** List a few words:

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*What does God say about this?*

→ **Read Exodus 20: 9 & 10.**

How many days are considered “work days,” according to this Scripture?

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What are we commanded to do for one day, every week?

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Write the Hebrew meaning of the word “Sabbath.” (Refer to today's blog post if you don't remember.)

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The habit of keeping a Sabbath is both a \_\_\_\_\_ and \_\_\_\_\_ discipline; an act of \_\_\_\_\_ and an act of \_\_\_\_\_.

→ **Rest is a Good Night's Sleep**

Restful sleep isn't an issue for everyone. But it IS a big deal for a lot of people.

I used to be one of those people, and maybe you are too.

**Which of the following describes how you sleep at night?** (Check all that apply).

- ◆ I fall asleep easily at bedtime.
- ◆ I usually sleep all night.
- ◆ I wake up a lot in the night , but I'm not sure why.
- ◆ I wake up a lot in the night because of babies, or small children who need me.
- ◆ It's really hard for me to fall asleep at bedtime.
- ◆ Typically, I wake up feeling rested.
- ◆ Most days, I wake up still feeling tired.
- ◆ I never feel like I get enough rest.

**If you're a mom with babies or small children, feeling tired a lot is pretty normal.** Personally, my health was at it's lowest point during my mid-twenties to early-thirties, when I was pregnant and breastfeeding every two to three years. Give yourself some grace, rest when you can, and please be proactive about taking care of yourself!

**If you struggle with sleep issues, here are some culprits that can often be at the root of not resting well at night.** Take some time to think about your own life, and check any that seem to apply to you. Then get proactive about finding solutions! This can take a while, so be patient and determined to keep moving in a healthy direction. You need your sleep!

- ◆ Nutritional deficiencies.
- ◆ Food choices/gut issues.
- ◆ Too much stimulation at bedtime.
- ◆ Disrupted sleep during the night.
- ◆ Stress issues.
- ◆ Not enough time to sleep at night (late nights/early mornings).
- ◆ Other: \_\_\_\_\_

→ **Rest is Cultivating Down Time Rhythms**

**It's my goal to make sure our family climbs out of the grind at least one day (or one half-day) every single week.**

**Remember the meaning of the word Sabbath?**

In Hebrew, the word “sabbat” means “to rest, or cease working.” It literally means to stop and take a break.

**How often do you turn off your phone, close the computer, or otherwise set aside your daily tasks in order to do something you really enjoy?**

For me, downtime includes things like reading, writing, taking a walk outdoors, soaking in the tub or drinking a cup of hot tea and writing in my journal.

**Downtime can be different things for different people.**

**What kinds of things do you enjoy? What inspires and refreshes your body and mind?**

Write down a few things that you really enjoy: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**When is the last time you cultivated a mini break during your week to do something that relaxes and refreshing you as a woman?**

\_\_\_\_\_

Do you ever feel guilty for taking time to rest or recharge? \_\_\_\_\_

Do you think God wants you to feel guilty for keeping a rhythm of “Sabbath” in your life?

\_\_\_\_\_

**We can't rest seven days a week.**

**But neither were we designed to stay in a grind seven days a week.**

A truly productive woman will learn how to cultivate windows of downtime in her day, and a "Sabbath" in her week.

