

Let Yourself Rest

If you're exhausted, rest.

If you don't feel like starting a new project, don't.

If you don't feel the urge to make something new,
just rest in the beauty of the old, the familiar, the known.

If you don't feel like talking, stay silent.

If you're fed up with the news, turn it off.

If you want to postpone something until tomorrow, do it.

If you want to do nothing, let yourself do nothing today.

Feel the fullness of the emptiness, the vastness of the silence,
the sheer life in your unproductive moments.

Time does not always need to be filled.

You are enough, simply in your being.

by Jeff Foster ¹

Storytelling in a small group or personal reflection. One by one, each person shares their answer to the first prompt below. Then go to the next prompt and so forth. A person can pass.

- 1. Share about what you learned in your childhood about taking time to rest, "Let Yourself Rest." How has that changed as you have aged?**
- 2. Shared an experience where you did not "feel like starting a new project," and you chose not to start the project. Say more.**
- 3. Share what thoughts and feelings arise when you read Jeff Foster's words: "Time does not always need to be filled. You are enough, simply in your being."**

Check out and download more like this at <https://lifesjourney.us/storytelling-in-small-groups-menu/>

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¹ <https://www.happiness.com/topic/868-let-yourself-rest-by-jeff-foster/> (accessed January 25, 2024).