

EMBRACING RHYTHMS OF WORK AND REST

1. Embrace healthy _____ rather than _____.

2. Live by _____ .
 - A. _____ .
 - B. _____ .
 - C. _____ .
 - D. _____ .
 - E. _____ .

3. Learn to identify and adapt to _____.

4. Embrace a _____ rhythm of work and rest.

► RECOMMENDED RESOURCES

- Choosing to Cheat by Andy Stanley