



# Reset & Rejuvenate

DR. AMY BACKOS

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This book and workshop are offered as an educational tool to inspire you to reflect, create, grow and change. The class is not therapy and participating does not constitute a therapeutic relationship. The assignments are offered as inspiration to increase authenticity in your relationship with yourself, and achieve your value-based goals.  
Enjoy the process!

Want more? Email me!  
Have any questions/concerns? Email me!  
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Love the class? Tell a friend!!

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2022

# WELCOME

Ready for the ultimate make over? The time has come for you to prioritize yourself and figure out a plan for sustainable self-care.

Welcome to this amazing community of people who are building authenticity and making lasting changes in their lives using creativity and thoughtful engagement.

You will be learning tools to relax your mind, settle your body and rejuvenate your senses. If you are willing to set aside 20 minutes a day, you will be amazed at what you will have accomplished at the end of the month. You will practice rest and reflection and create new ways to rejuvenate yourself.

The Reset and Rejuvenate Workshop utilizes modern, creative and evidence-based strategies from psychology and creativity science to help you renew your zest for life. These tools allow you relate to yourself in positive ways and move you towards your values and dreams with excitement.

Enjoy the process of self-discovery with curiosity, acceptance, and joy!



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Licensed Psychologist & Board Certified Art Therapist



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There is nothing selfish about  
taking care of yourself.

You are the only  
one who can do it.

How you take care of yourself  
determines  
how well you  
take care of others.

- Amy Backos



# BEGINNING

What we call the beginning is often  
the end. And to make an end is to  
make a beginning. The end is where  
we start from.

T. S. Eliot

# Before class starts

1

## Plan your mode of writing

Print this workbook and find a lovely binder to keep it all together, or have it bound at an office store. If you prefer to skip printing, get a blank journal for the writing and art exercises.

2

## Schedule the Class

Use your calendar or the planner at the end of this book to mark the time of live classes, or the time you will watch the recordings the next day.

3

## Schedule Inspired Actions

Schedule time for inspired action! Use your calendar to invest 20 minutes each day on yourself for the next month. For maximum impact, schedule 7 days a week.

4

## Find an Accountability Partner

Tell someone about your commitment to the class who can help you be accountable to your daily 20 minute commitment.

5

## Get ready to create!

Gather some tools for drawing - crayons, colored pencils, markers, or pens, etc. It is unnecessary for you to have anything fancy - just pick ones you like!

# Weekly Outline

1

## **Week 1: Rest**

Orientation and intentional rest.

**Inspired action** (complete before class 2)

- Review pages 1-18.
- Complete week 1 writing and art.

2

## **Week 2: Reflect & Reset**

Where are you most invested in your life? What invigorates you the most?

**Inspired action** (complete before class 3)

- Complete week 2 writing and art.

3

## **Week 3: Create**

Visualizing the desired outcome and creating the rest you need.

**Inspired action** (complete before class 4)

- Complete week 3 writing and art.

4

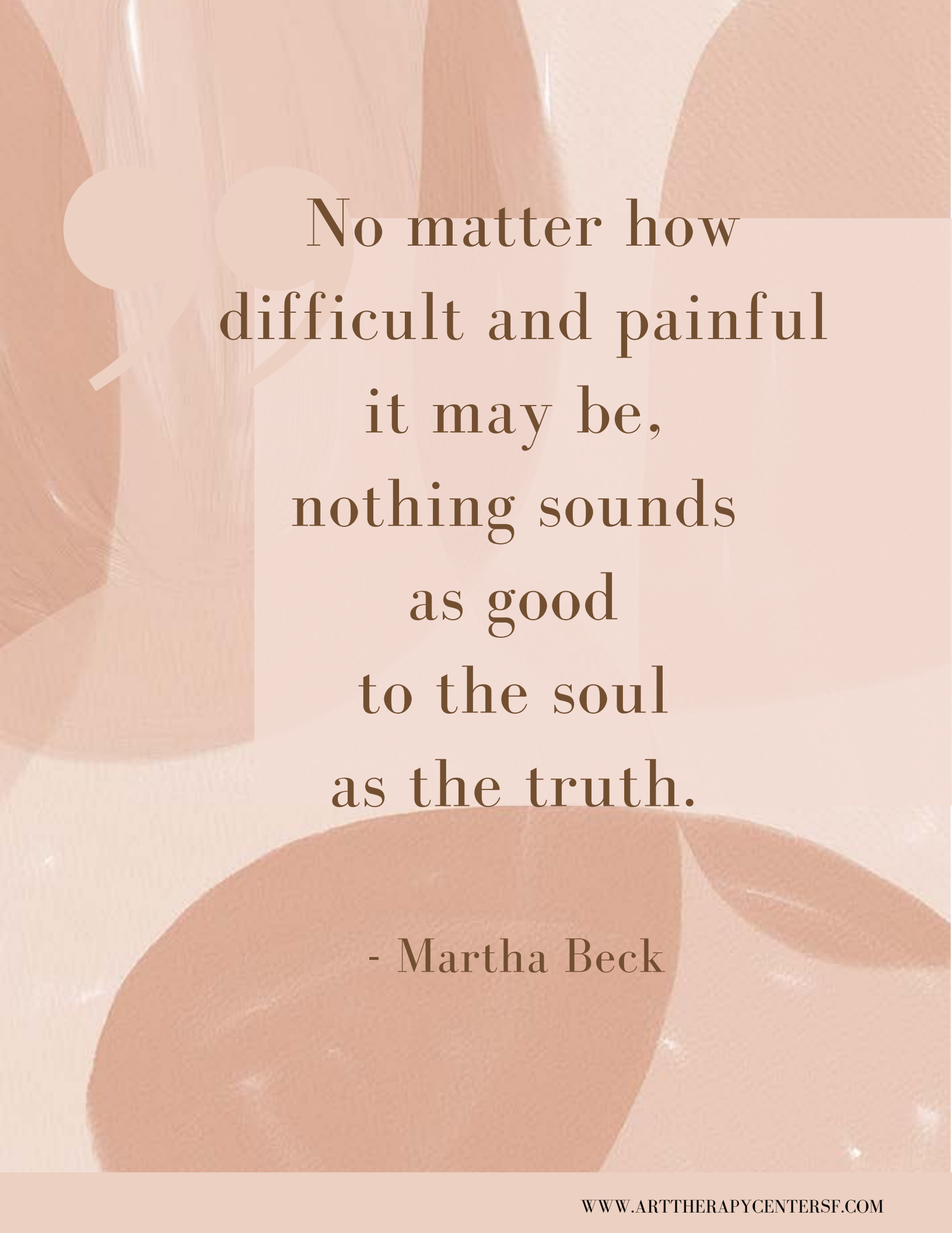
## **Week 4: Rejuvenate**

Setting your intention and goals to maintain rejuvenation.

**Inspired action** (complete after class 4)

- Create your plan for further action.





No matter how  
difficult and painful  
it may be,  
nothing sounds  
as good  
to the soul  
as the truth.

- Martha Beck

# How to Keep a Commitment

If you have had difficulty with change in the past, don't worry! This time you will succeed using the best psychology strategies! You will learn and use all of these tricks for success this month.

If you have taken a class with me before, you know some of these tips. However, make sure you are calibrated to success by checking to make sure you are still using these strategies.

- **Write it down!** Research shows when you write down your goal, you are 70% likely to succeed! That's right! Simply writing down your goals gives you 70% of what you need for success. Using this workbook and your calendar will give you the leverage you need for consistency and change!
- **Discipline before motivation!** We often wait until we "feel" inspired to take action. Motivation is a feeling and discipline is an action. Take action through a consistent schedule and you will soon feel the motivation to continue.
- **Slow and Steady!** Making small daily progress is more likely to lead to big success! Research shows people making small incremental movement towards goals ultimately surpass people attempting to tackle multiple goals at once or trying to do too much.
- **Changing Habits!** Research shows pairing a new habit with an old one is the recipe for success. Pair your 20 minute a day for this class with another well established habit. For example, brushing your teeth in the morning, eating your breakfast or lunch, washing your face at night. Schedule 20 minutes before or after one of these times or pick another regular habit and schedule 20 minutes around that.

# More about Commitments

- **Pleasure!** There are decades of research demonstrating you can increase a new behavior with a reward! All you have to do is pair a new behavior with something pleasurable. Add something you enjoy to your 20 minutes and you are significantly more likely to succeed! For example, you can fix a cup of hot chocolate or tea to drink while you write and make art (I encourage you to choose a non-alcoholic beverage). Deciding you don't need a reward, is the opposite of self-compassion! Schedule your simple pleasures!
- **Location! Location! Location!** Research demonstrates if you practice in the same location, your mind will be ready to learn just by going to that location! Pick a comfortable spot and work there each day.
- **1% more!** All you need for this workshop is 20 minutes a day. This is about 1% of your day! You have already made an important commitment to complete this workshop...all it requires for success is 1% of your day for the next month.
- **Be decisive!** Make your commitment and stick to it! Keep rest and rejuvenation as your priority for one month. Practicing indecision reinforces that habit, prevents us from making progress, and increases stress. Stick to your commitment!
- **A word of caution!** Reading and knowing these strategies is not enough for success. Actual practice is required! Avoid letting your mind fool you into thinking you can skip these steps. The next page is where you make your commitment. Tempted to skip this step? Go back and reread the research above about success.

# Your Personal Commitment

I \_\_\_\_\_

*(Your name)*

*commit to 20 minutes each day this month.*

*&*

*I will focus on rest and rejuvenation..*

*I will complete my 20 minutes a day at this time:*

\_\_\_\_\_

*I will complete my 20 minutes a day in this location:*

\_\_\_\_\_

*I will complete my 20 minutes a day with this additional pleasure:*

\_\_\_\_\_

*\_\_\_\_\_*  
*Your signature*

*\_\_\_\_\_*  
*date*

# Commitments



## **Joyful Actions**

We make time for self care. We create an internal environment to welcome joy. Each week we create a healthy environment by attending to our mental and physical health, nutrition, rest, friendships, education, and fun.

## **Commitment**

We commit to a life-long process of learning and relearning self-compassion. We seek new actions to show kindness to ourself and others. We look for and manifest joy in each day.

## **Self Compassion**

We speak kindly to ourselves. We patiently redirect ourselves to speak with love and compassion. We are compassionate about our pace as we change, rest, work, and reflect.

## **Kind Thoughts**

We learn to relate to our thoughts in new ways. We see thoughts for what they are - just thoughts. In this way, we free up time and psychological energy for things we want to bring into our lives.

## **Authentic Presence**

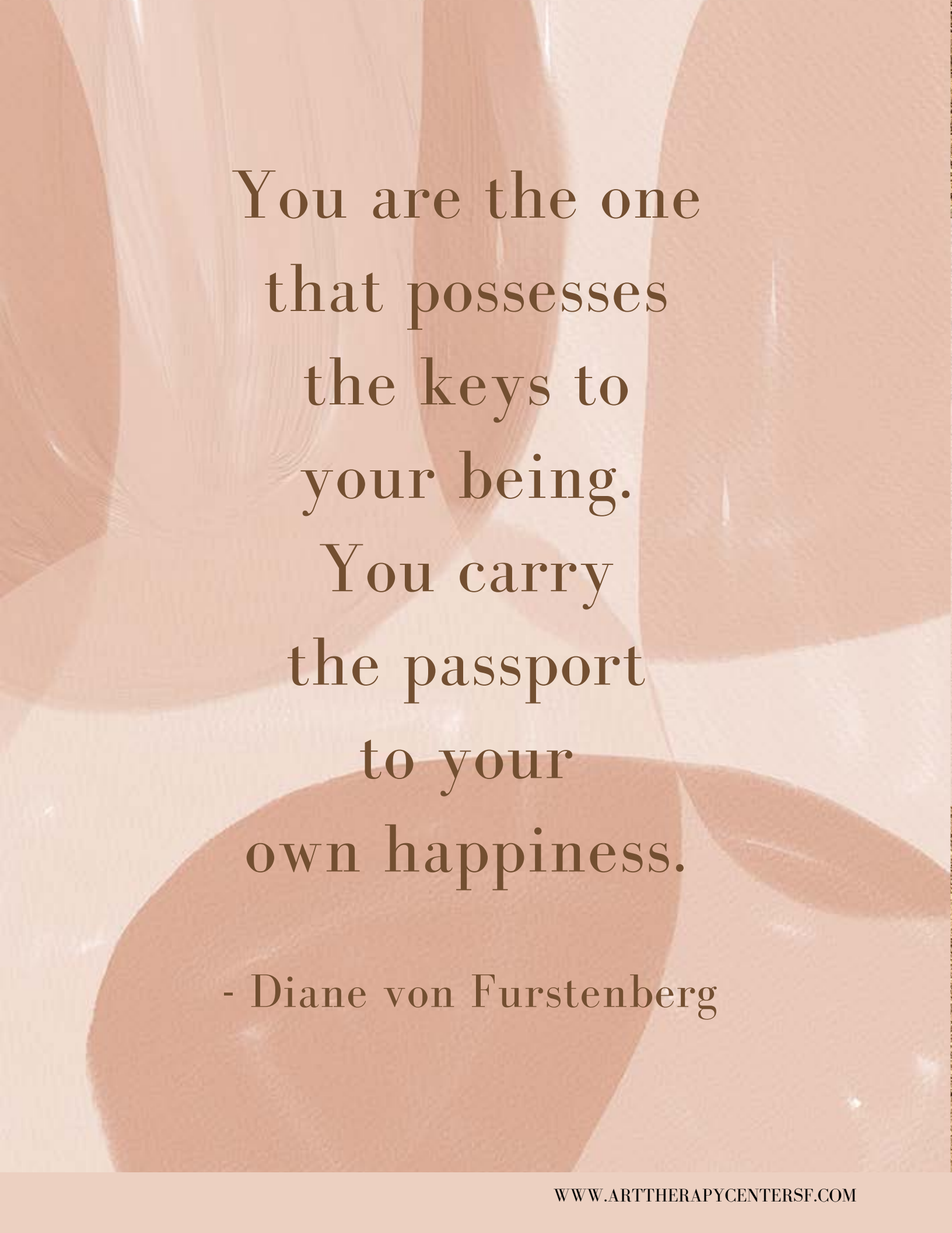
We show up for ourselves and others with self compassion and love. Our kindness and joyful example are gifts to others in our family and community. We manifest new opportunities to elevate ourselves and others.



# Instructions

To love oneself is  
the beginning of a  
lifelong romance.

-Oscar Wilde



You are the one  
that possesses  
the keys to  
your being.  
You carry  
the passport  
to your  
own happiness.

- Diane von Furstenberg



# Committed Actions

Now that you have identified to the time and place, the additional pleasure, and made your commitment, it is time to get started!

You have just made a life changing commitment to yourself to prioritize 1% of your day to rest, reset and rejuvenate.

Each week, you will have a lesson and then work on that topic for the whole week. You have journaling and art prompts to complete each week and 20 minutes a day is plenty of time. Once you complete the worksheets and art each week, you can use any remaining 20 minutes as you wish - writing and making art, reading, silent contemplation, and written reflection about how to put your manifestation into action.

Here is a sample schedule you can use each day - use your timer for maximum focus.

1 minute breath and relax, get comfortable, smile  
18 minutes write / make art  
1 minute breath and relax, stretch, smile

It is important that you stick to your 20 minute schedule each day! However, no need to try and catch up if you miss a day - just return to 20 minutes a day. Whatever you do to enhance your self-compassion, kindness, and joy will be great!



# Instructions: Write

It is essential for you to reflect on your thoughts and feelings about yourself. Why is this important? As you grow in your relationship with yourself, you begin to know what you like and what brings you joy. This certainly increases your happiness and gives you direction for your goals and purpose. A compassionate attitude towards yourself uplifts your spirit, makes room for joy, and allows you to move forward with what you want to manifest. Each week of the "Manifesting Change" workshop includes practice for 20 minutes each day where you will write and make art.

## **Writing helps you know yourself.**

Writing offers an efficient way to explore your thoughts - we write to "know" ourselves and to learn more about our thoughts and feelings. We tend to think the same thoughts every day for years. The writing will allow you to unpack your thoughts and decide if you want to keep or change your thoughts.

Negative and critical thoughts towards yourself makes everything more difficult, limits happiness and joy, and likely stops you from manifesting your glorious vision. Observe these thoughts without judgement and work on your thoughts to be more positive. We pick up negative self talk from childhood, society, and how we interpret uncomfortable experiences. Because our brains tend to naturally focus on the negative, we engage in negative thoughts a lot! You may find you feel a little sad, angry or surprised at the negative thoughts you discover this month. When uncomfortable thoughts and feelings arise, you have the chance to practice kind thoughts with yourself.

Try telling yourself something gentle like this:

**Hello old thought. I see you are here again. I am learning to relate differently to you. I am not trying to get rid of you. I am learning to respond with curiosity and ease when you are here with me.**

You might want to write that sentence (or create your own) on a note card to hang by your bed, on your mirror, or in your car. Text it to yourself or make it your screen saver.

# Instructions: Art

Art Therapy is a creative process to understand ourselves, express feelings, clarify thoughts, promote flow, and feel great. In fact, creative expression is a human need!

The use of Art Therapy dates back to the early 1900's. Furthermore, art for storytelling, expression, and healing is as old as human history!

The art process helps you solidify feelings and allows your brain to deeply explore why some thoughts seem to have so much power and stop us from manifesting what we want. The creative process incorporates more parts of your brain than writing can do alone. You can use what you learn in this class about your creative process anytime you want to understand your feelings or manifest a different result.


**Art allows us to know our preverbal self.**

You can spend as much or as little time on the art as you wish - however, it is important to engage in a creative expression each week. Avoid thinking too long about what to create and avoid judgment. Be spontaneous and have fun!

When you are done with each drawing, take a moment to reflect (without judgement) on the PROCESS of creating. It's important to suspend judgement about what your art looks like. Whatever you create will be great for understanding yourself and manifesting self compassion! If you are tempted to skip the art, please reconsider so you get the most impact from this workshop.

Remember to schedule 20 minutes each day to complete these inspired actions. You are committed to one month of manifesting change. Give yourself the gift of completing your commitment each day to get the most value from this class!

If you want to work with an Art Therapist, reach out to the Art Therapy Center of San Francisco. Always look for a Registered and Board Certified Art Therapist (ATR-BC). Registered and board certified art therapists are both trained artists and counseling professionals who can help you express yourself to the fullest using visual art and creative thinking.



Step out of the  
history  
that is holding you  
back.

Step into  
the new story  
you are willing  
to create.

- Oprah Winfrey

# Summary

Get ready to reset and rejuvenate your life! Start small, only 20 minutes a day. Be easy on yourself when you discover uncomfortable feelings, or have thoughts with a lot of strong emotion. This is normal so avoid judging yourself. Acknowledge the thought and call it by its name - an unkind thought, an unhelpful thought, or an old negative story. Even if you have piles of evidence that a thought might be true, you are learning to relate to thoughts differently. They are only thoughts and you are not your thoughts. You are only aware of them.

Research, and our own experience, shows when we push away or distract ourselves from unwanted thoughts and memories, they will definitely come back, and even feel worse the next time. Take a deep breath, notice the thoughts and feel the feelings. Then move on. No need to mull it over or ask why you keep having the thought. Just "be" with it for a moment and then move forward. Thoughts lead to feelings and research demonstrates a feeling will last about 90 seconds if we avoid pushing them away or clinging to them. If you are really stuck on a memory, be compassionate with yourself, take time to write about how you can take care of yourself, and consider working with an art therapist.

Remember, research confirms that making a small commitment and sticking to it leads to success, while taking on too much leads to burn out, frustration in lack of progress and ultimately giving up. You can succeed here by being consistent with just 20 minutes a day. Avoid trying to complete all the tasks in a day or two. Focus on small, daily actions.

## TO SUCCEED

- Work only 20 minutes a day.
- Practice self-compassion - gently redirect yourself when you notice unkind thoughts or uncomfortable feelings.
- Work everyday at the same time and place.
- Pair your time with another habit (eg., right after your brush your teeth).
- Pair your time with a simple pleasure (hot tea, flowers, a chocolate, etc.).
- If you skip a day, get right back on track with 20 minutes a day. Do not work 40 minutes to try and "make up" for a missed day. You are right on time and there is no hurry. Avoid judgement. Just move forward.

**20 minutes a day can change your life!**



# Week 1 Rest

It's very important that we re-learn the art of resting and relaxing. Not only does it help prevent the onset of many illnesses that develop through chronic tension and worrying; it allows us to clear our minds, focus, and find creative solutions to problems.

Thich Nhat Hanh

# Reset

Here are the areas you will cover in week 1.  
Spend 20 minutes a day, take your time, and savor them over the week.

1

## Intentions

Reflect on what you are hoping to get out of this workshop. You know best where you need rest and what your rejuvenation needs to include.

2

## How do you Relax?

What is your process for relaxation? What do you do? How often? Is it enough?

3

## Other ways to rest

It's time to start doing a little research and find out how your friends relax! You will explore any judgements you have about taking a break and resting. This will be powerful!

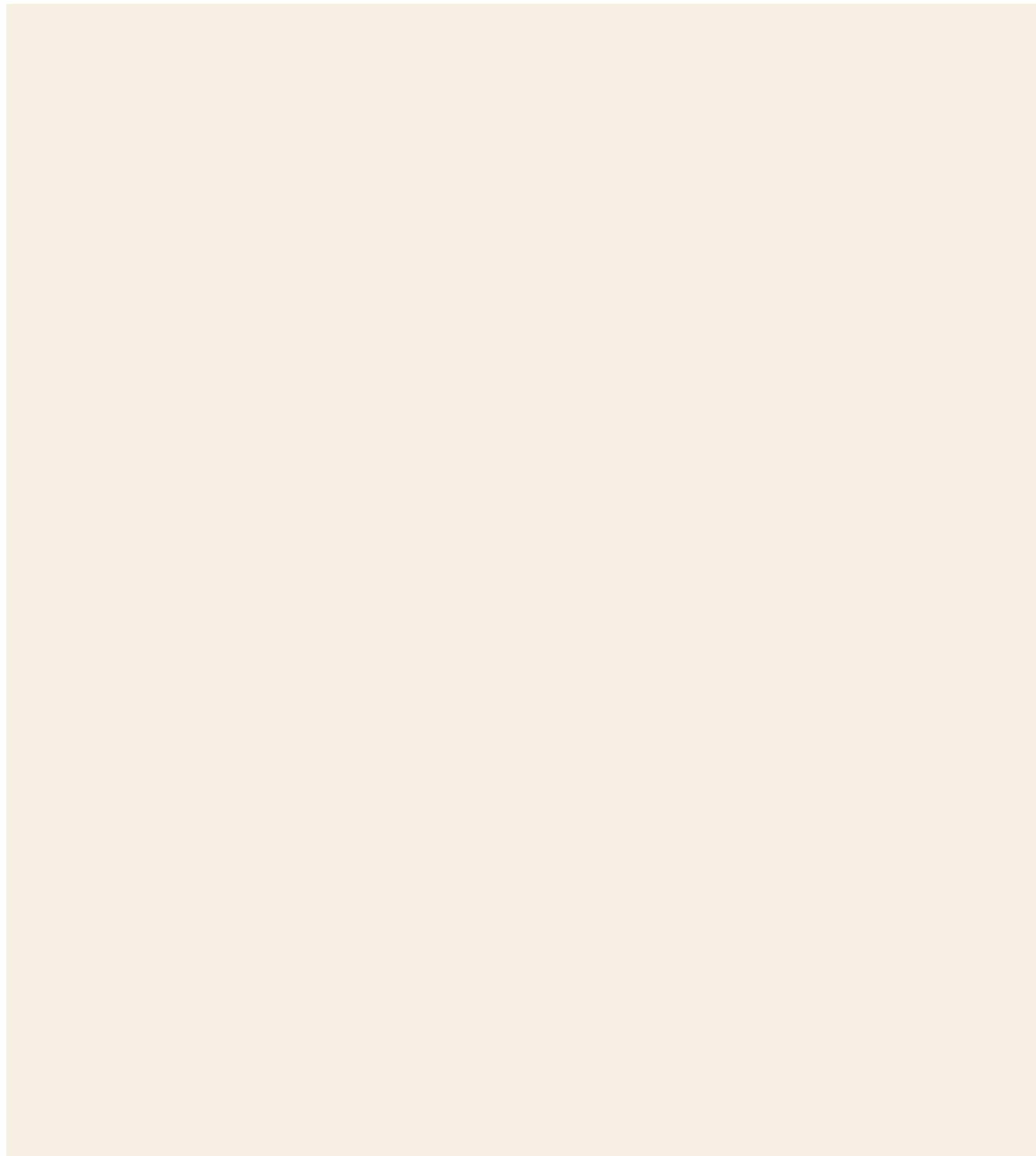
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## Creative Expression and Reflection

Creativity hones in on emotions and helps you connect your feelings, thoughts and wishes for relaxation. Enjoy this process and see what emerges for you! Reflect on the week and note what you have learned.

# INTENTIONS

What are you hoping to get out of this class? What are your goals for rejuvenation? Why did you sign up for a class called Reset and Rejuvenate? Why do you need rest right now in your life? Where do you need to make changes?



# How do you relax?

Think back to all the times you have felt relaxed. Consider passive, active and vigorous relaxation. For example, you might sometimes enjoy passive activities like looking at the stars or sitting on the beach. Other times, you might feel relaxed with some activity like, walking, playing with your pet, reading, or baking cookies. Other times you might crave the relaxation created from exertion such as vigorous walking/hiking, swimming, or yard work.

Write the ways YOU feel relaxed. Pick three that are passive, three that are active, and three that are vigorous. Why and when are each of these activities relaxing for you?

1

2

3

4

5

6

7

8

9



# Ways to Rest and Relax

While stress is a typical part of life, we are not able to withstand it at high levels for a long period of time. Sometimes it can feel very difficult to rest when we are stressed. You might worry if you slow down, you will never get back to work. If you are over-tired, overworked, emotionally burdened, or stressed, you might feel too "wound up" to relax. If you keep going, you can even "burn out" which is a state of physical or mental collapse caused by overwork or stress. Any of this sound familiar? If you are in a state of exhaustion or burn out, please reach out for therapy and support.

Your task is to identify some ways people relax. Ask friends for 3-4 ways they relax. Write down the answers until you have a list of 9 new-to-you ways to relax. Write your answers below.

1

2

3

4

5

6

7

8

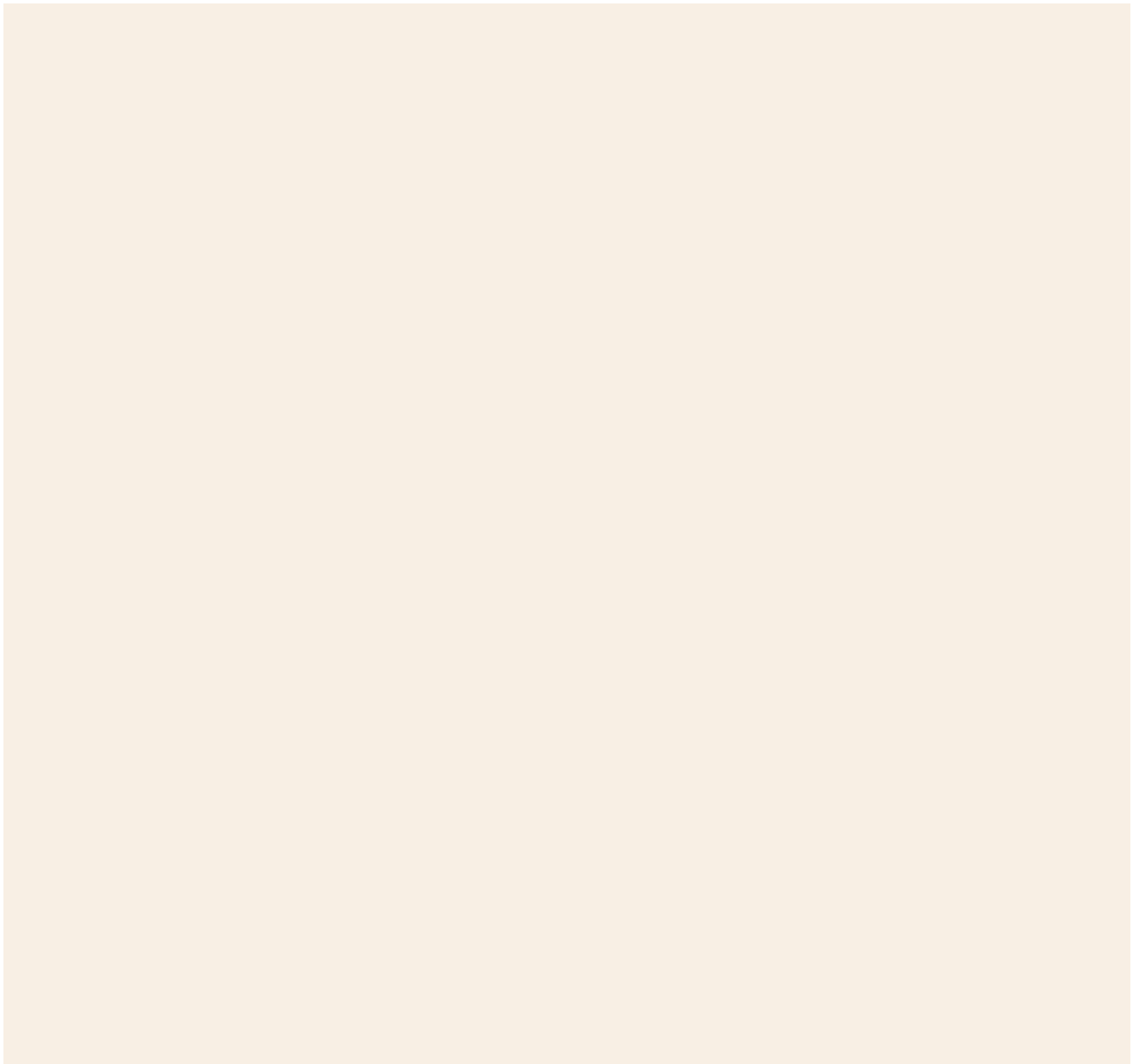
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# Relax

Rest is your birth-right. In other words, rest does not have to be earned. You don't have to earn a break. You can, and should, take a rest when you need one. Too often we are taught that we must "hustle", work hard and only rest when we finish. You may have heard the phrase, "I will sleep when I am dead." Have you ever said or thought any of these negative thoughts about rest? Consider the important ways African-American women use rest as a form of self love and part of resistance against oppression. Taking care of yourself is indeed a radical act, especially when we are facing mounting obligations, experiencing sexism, racism,

homophobia, ageism, discrimination, as well as social expectations and internal judgements.

What negative judgements have you heard or said to yourself/others about relaxing or being at rest? Write down all the judgements you can think of. Who benefits from these thoughts? Who benefits when you work overtime? When you say yes to taking on more projects? When you stay up late to finish chores?



# Visual Expression

Take a few moments to show what your true state of relaxation looks like using lines, shapes and colors. It could range from just one line to a fully fleshed-out, abstract or representational picture. Avoid thinking too long about it and be spontaneous. This will help you connect to your thoughts and feelings. Enjoy the process of creating and don't worry about the finished product. However you do it will be great!



Title:

Three words or phrases to describe your art.

- 
- 
- 

How do you feel?

# REFLECTION

Reflect on what you have learned about rest this week. Notice what gives you relaxation and what others find relaxing. How often are you actually using your relaxation strategies? Is it enough? Do you keep telling yourself you have too little time for self-care? Appreciate your strengths and celebrate your insights this week. Avoid judging yourself for what you did or did not do this week. How did you feel paying such close attention to your life and what you have created? How did you feel practicing new ways of thinking about your rest?





# Week 2

## Reflect & Reset

Imagination is everything. It is  
the preview of life's coming  
attractions.

- Albert Einstein

# Reflect & Reset

Here are the areas you will cover this week.  
Spend 20 minutes a day, take your time, and savor them over the week.

1

## What depletes you?

Taking an inventory is essential for understanding what you want to change and for measuring progress.

2

## What nourishes you?

Deciding on what you want your self care routine to ideally look like will help you sustain your self care routine.

3

## Reset

Can you imagine hitting "reset" for yourself in the same way you can reset your computer? It is time to make this happen!

4

## Creative Expression and Reflection

Creativity hones in on emotions and helps you unpack feelings about rest and rejuvenation. Enjoy this process and see what emerges for you! Reflect on the week and note what you have learned.

# What depletes you?

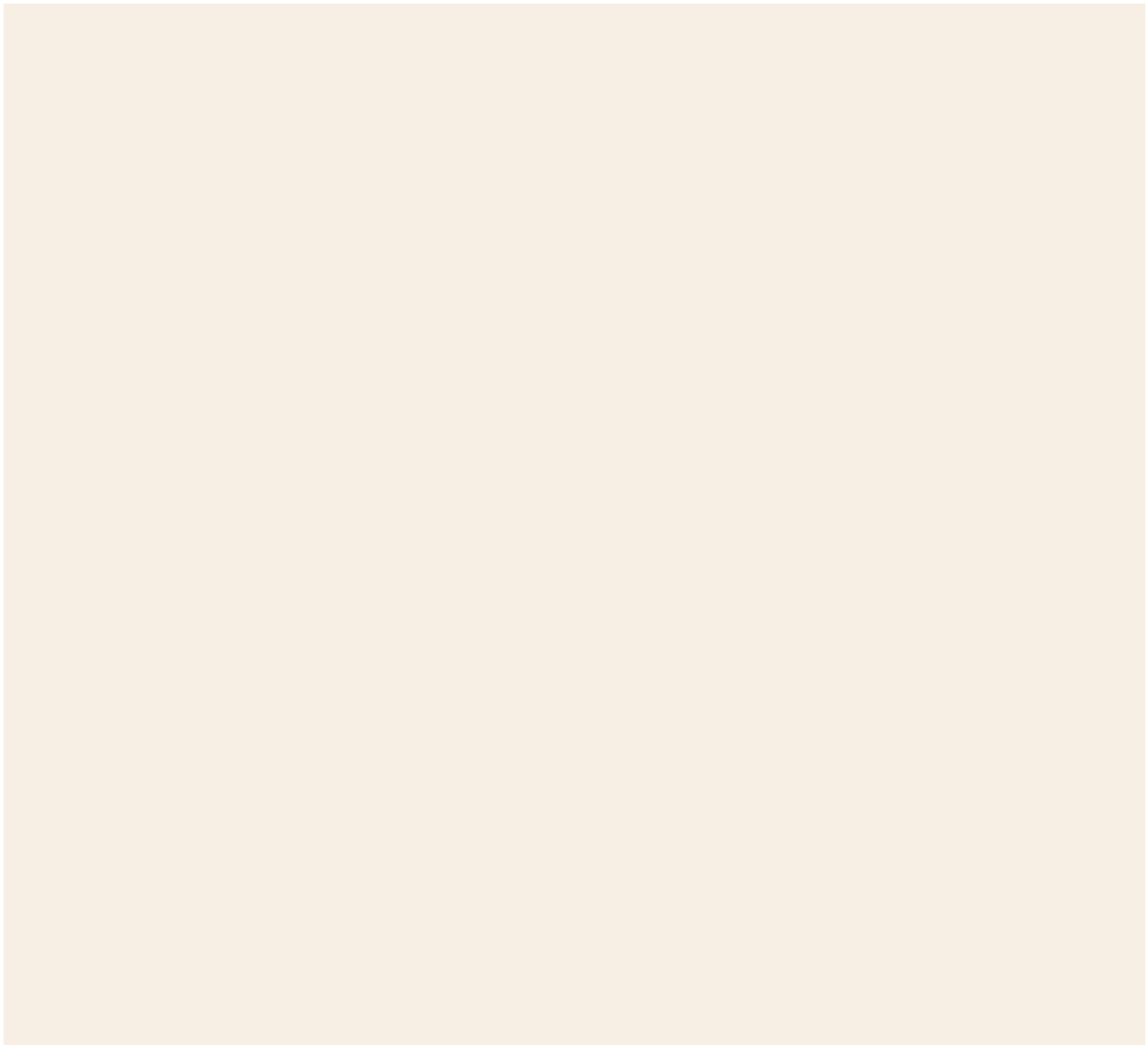
What robs you of your energy? Do you get too busy? Have negative judgements of yourself? Tend to strive for the illusion of perfectionism? Striving to avoid judgement from others? What else might deplete you?

Pause and reflect what it feels like when you have said "yes" to too many things - invitations, requests, donations, more work, etc. Are there times or people you say "yes" to when you really want to say "no"? What does it feel like when you have unrelenting standards for yourself? How do you feel when you expect that you must always have a tidy home, a certain body size, or an always-harmonious relationship? Do you judge your performance, environment, thoughts, feelings, behavior, or yourself harshly?

Only you know the answer to what thoughts and actions are depleting you.

Take a few deep breaths and write your truth here: What depletes you?

Next week you will work on this more to decide what you might want to change. If you already see where you can make changes to give yourself ease, great!





# Time to reset!

Daily reset is necessary for mental and physical health. When we become emotionally disregulated, we lose brain power and decision making ability. Breathing is the quickest and easiest way to reset. Read the paragraph below, (inspired from meditations by Thich That Hanh), out loud and record it on your phone. Go slow and leave pauses - 6 seconds for the inhale and 8 seconds for the exhale. Then get comfortable, close your eyes or soften your gaze and play it back to yourself. Listen to the recording at least once a day for the rest of the month. You could play it when you wake up each morning and when you lay down to go to sleep. If you are inspired, share with a loved one. Avoid listening while driving. Once you have practiced it for the month you will be able to do it anytime you need without having to listen. Your own voice is powerful and listening to it will have a tremendous positive impact on your relaxation.

Breathing in, I know that I am breathing in.

Breathing out, I know that I am breathing out.

Breathe in 1. Breathe out 1.

Breathe in 2. Breathe out 2.

Breathe in 3. Breathe out 3.

Breathe in 4. Breathe out 4.

Breathe in 5. Breathe out 5.

Breathe in 6. Breathe out 6.

Breathe in 7. Breathe out 7.

Breathe in 8. Breathe out 8.

Breathe in 9. Breathe out 9.

Breathe in 10. Breathe out 10.

I am at ease.

I am at peace.

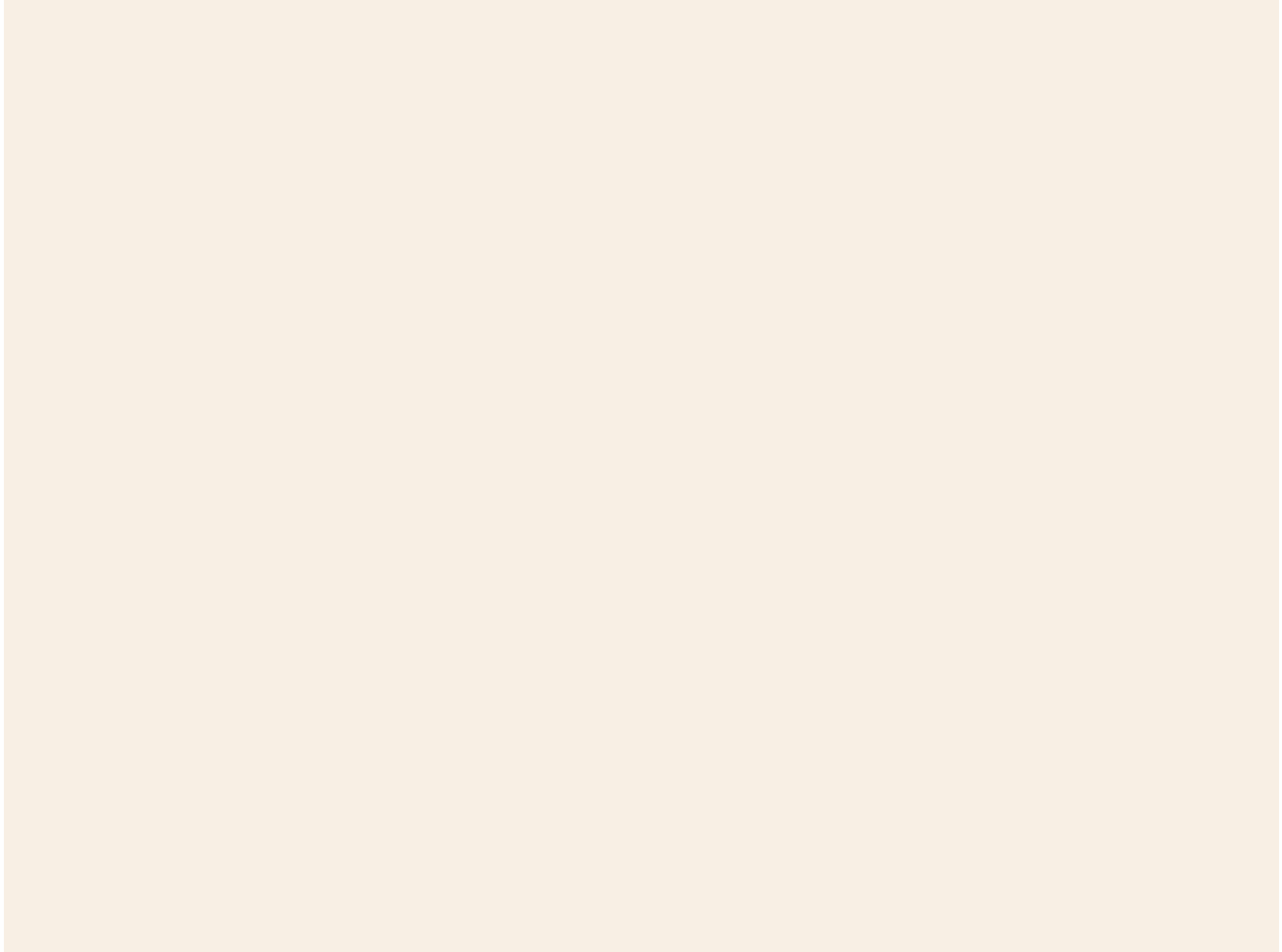
I am rested.

Breathing in, I know I am breathing in.

Breathing out, I know that I am breathing out.

# Just one line

Draw just one line. It can be straight, curvy, jagged, twirling, big, small, bold, timid, or any other way you can imagine. However you do it will be great - there is no right or wrong. Once you finish your line, look at it for a minute or two. Give your line a title and then list three words or phrases to describe your experience right now. Be creative in your title and descriptive words. Be curious!



Title:



# Reflection on your Line Drawing

Reflect on your experience of creating your line on the previous page. What happened when you gave it a title and wrote three words or phrases to describe your art? Were you very "literal" and wrote about the shape of the line? Or were you able to take a deep dive into your psyche and use your imagination to describe your current experience? The point of the previous exercise was to allow you to "project" your imagination and current state of mind to put thoughts and feelings into words. Projection reveals our unconscious. Giving words to our feelings and inner states is a necessary part of healing from past pain and unrest. Naming our feelings and experiences can help settle our bodies. If you dislike your answers from the previous page or you want to go a little deeper, you can make changes before you answer the below questions. You can either start over with a new line, or give a new title and three new words/phrases. Now answer the following questions.

What did you discover? How does the title reflect you right now? How do your words or phrases relate to your life right now? What actions might you take now?

# Visual Expression

Take a few moments to show yourself and your mind "at ease" using lines, shapes and colors. It could range from just one line to a fully fleshed-out, abstract or representational picture. Avoid thinking too long about it and just be spontaneous. You might enjoy using magazine collage for this exercise - cut out images from magazines or print images from the Pinterest website. Cut neatly, arrange artfully, and glue them onto paper. Enjoy the process of creating and don't worry about the finished product. However you do it will be great!



Title:

Three words or phrases to describe your art.

- 
- 
- 

How do you feel?

# REFLECTION

Reflect on what you have learned about your need for rest, where you run yourself down, and where you might get help and rest. What does it feel like to really rest? What was the breathing exercise like for you? Appreciate your strengths, and focus on your willingness to slow down and rest. Notice your thoughts, feelings and actions in alignment with your desire to rest. Avoid judging yourself for what you did or did not do this week. How did you feel paying such close attention to your rest? Did any discomfort arise this week as you started to rest and relax?





# Week 3 Create

You create your thoughts,  
your thoughts create your  
intentions, and your  
intentions create your  
reality.

- Dr. Wayne Dyer

.

We tell ourselves  
all kinds of stories  
every day.

Might as well  
tell a happy story!

- Amy Backos



# Create

Here are the areas you will cover this week.  
Spend 20 minutes a day, take your time, and savor them over the week.

1

**What are you willing to change?**  
Are you ready to let go of judgements about your own self care so you can prioritize your mental and physical health?

2

**Creating new thoughts**  
Imagine yourself one year from now when you have nourished yourself daily and monthly. What thoughts do you need to think to get to that feeling?

3

**Creating your ideal pace**  
Time to implement specific, evidence-based strategies to set vision for the type of rest you need and establish a pace you can comfortably sustain. Life is not a marathon or a sprint...it is a walk in the park.

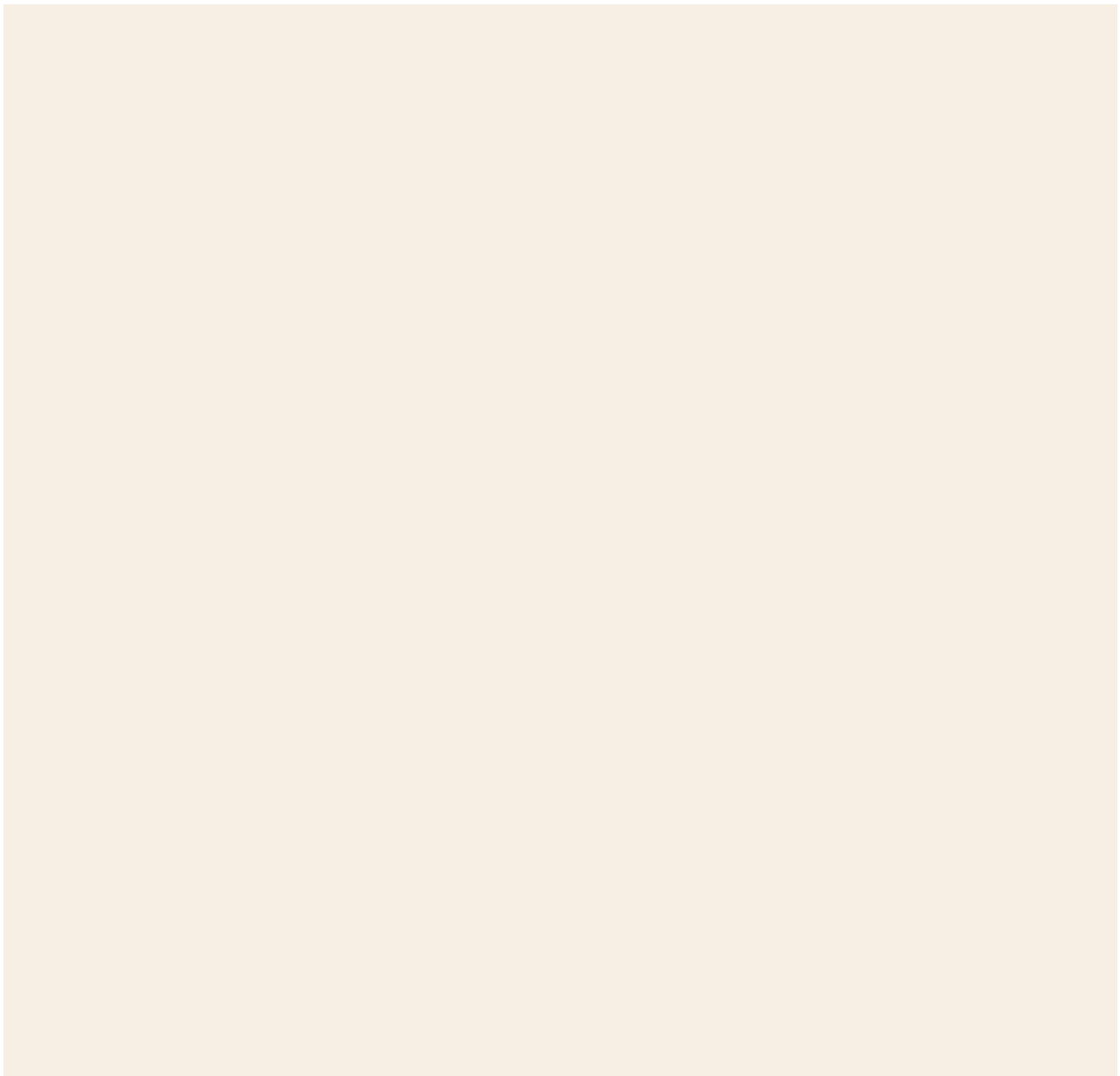
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**Creative Expression and Reflection**  
Creativity hones in on emotions and helps you solidify your ideal pace and timing for work, rest, and recovery. Enjoy this process and see what emerges for you! Reflect on the week and note what you have learned.

# What are you willing to change?

It is time to define what you are willing to let go of to give yourself a rest. You already know which activities are exhausting you from the exercise last week. Now see if you can notice any patterns.

For example, you might enjoy the feeling of being needed at home or at work. However, seeking that comfortable feeling leaves you burned out from saying yes too many times, taking on the work of others, or failing to delegate, etc. You might highly value taking care of your family and doing a good job at work, yet if you choose to say "yes" when you are over extended, you wind up feeling resentful and tired. Or perhaps you played the role of the mediator in your family and overdoing this role has exhausts you and leaves you feeling like a failure when things don't work out like you plan. Do you see patterns of over extending yourself, denying yourself rest? What roles do you play which are depleting you and out of alignment with your values?



# Create New Thoughts

Time to imagine the changes you will be making. This is a very powerful exercise! Answer these questions as if the changes already happened. Write in present tense and imagine yourself one year in the future after you already made the changes you desire. These questions will help you work backwards from your ideal, sustainable pace of life, limits and boundaries, and a life you love to wake up to each day. Relax, take a deep breath and picture yourself at your best, one year from now. Imagine you are refreshed and living a life that feels great to you - you have set limits, engage in self care, and surround yourself with people, places and things which keep you refreshed. If you are having trouble identifying areas where you can make a change, talk with a friend or reach out to a therapist. You always have options.

*Here are the important situations which have changed in my life over the past year.*

*The things I do to maintain these changes in my life.*

*Three new thoughts I started thinking and three new feelings I embraced this year to make my life easier and more relaxing.*

# Create your Future

Sometimes life gets in the way of our best laid plans! We do occasionally face truly urgent matters that need our attention. However, many of the disruptions are because we get off track, or a lack of planning leads to a rush. These bumps in the road are just that - only bumps! Happily we can predict many challenges and be prepared to handle them. Planning for these events is essential for your success - failing to plan for these makes the bumps in the road seem much bigger and more likely to derail us from our goals, values and the need to rest.

*Three challenges I faced in the last year in maintaining my rest and rejuvenation, and how I overcame these inevitable bumps in the road.*

*This is how I turn down the volume on my own criticism and judgement about self care and rest.*

*This is how I stopped listening to critics and those people who wanted me to stay the same.*

# Create your Future

Start imagining your best life in more detail. Write from your future self to answer these questions. Remember to write in present tense, as if the change has already happened. For example, you might write, "Now that I have set clear boundaries around my limits at work, I have my weekends free from unexpected assignments and pseudo-urgent work." Answer each question in as much detail as you can, describing how things ARE, now that you have already changed.

*The three new healthy self care strategies I added and three old habits I let go of this year.*

*This is how I talk to myself now. The kind things I say to myself everyday urging me to take good care of myself.*

*I enlist for support in setting limits at work, home, with family, neighbors, school, etc. These are the people who help me*

# Create your Future

Your future self celebrates and appreciates each small and big change. Research strongly demonstrates that celebration and rewards are vital to create and maintain change. You must not wait until you have accomplished everything - daily, weekly and monthly celebrations are necessary for change. There is no change too small to celebrate! How does your future self celebrate wins? What rewards does your future self love receiving after each success? Celebrations can be free or cost money. Identify lots of simple, free/inexpensive ideas so you can celebrate often. For example: positive self talk, a hot bath, a walk around the block, a trip to your favorite cafe for tea, share your win with a friend, jump up and down, smile, go on an outing with friends.

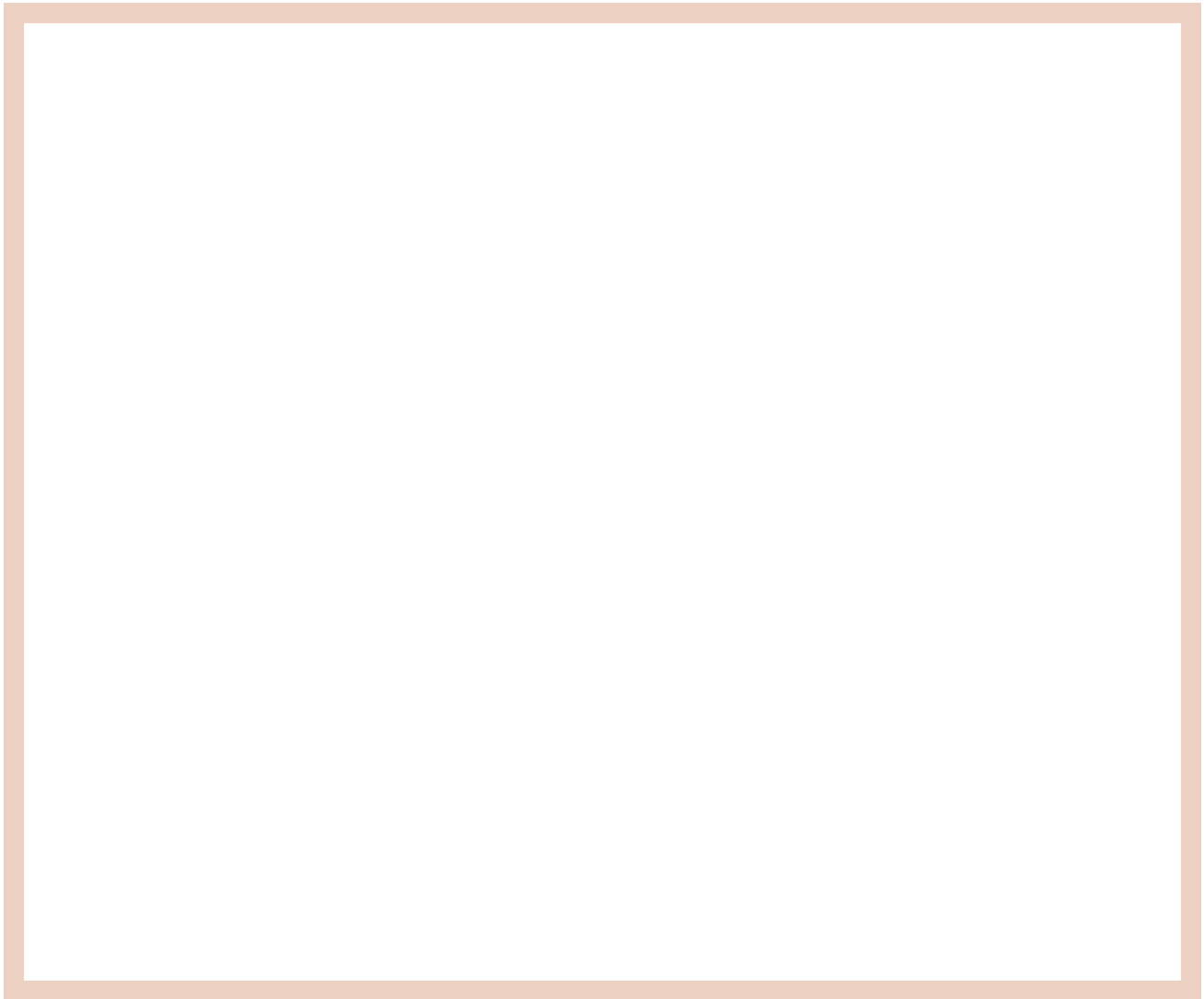
*How I celebrate my small wins everyday and every week. Circle the one you will do this week!*

*This is what I am grateful for everyday. Circle the ones which you are especially grateful for today.*

*This is how I track my progress and celebrate each month. Go mark it on your calendar!*

# Visual Expression

Take a few moments to reflect on aspects of how your future self takes exquisite care of you. Use lines, shapes and colors to show the feeling you get when you are rested and holding healthy boundaries with yourself and others. You might even consider creating an image of you at your best, one year from now. It could range from just one line to a fully fleshed-out, abstract or representational picture. Avoid thinking too long and be spontaneous. This helps you connect to your pre-verbal and physical aspects of experiences of your future self. Enjoy the process and don't worry about the finished product. However you do it will be great!



Title:

Three words or phrases to describe your art.

- 
- 
- 

How do you feel?

# REFLECTION

Reflect on what you have learned from your future self who knows how to set limits and create time for self care. Notice your thoughts, feelings and actions in alignment with your future self. What can you implement today to be more like your future self? How did you feel paying such close attention to your future self? Are you starting to see that this is possible for you?







# Week 4 Rejuvenate

Once you make a decision, the  
universe conspires to make it  
happen.

- Ralph Waldo Emerson



·  
Surely,  
we can find  
something  
to make  
ourselves  
laugh.

- Amy Backos

# Rejuvenate

Here are the areas you will cover this week.  
Spend 20 minutes a day, take your time, and savor them over the week.

1

## It's up to you...

Identify one change you can make to prioritize your self care. Identify thoughts to help you follow through with the change.

2

## Time to Plan

Planning is mandatory - using your calendar to make time for your self care ensures you will have the rest time you need.

3

## Rejuvenation

No more waiting for "one day when". Time will no longer "get away from you" when you schedule your rejuvenation plan.

4

## Creative Expression and Reflection

Creativity hones in on emotions and helps you connect your dreams to your reality. Enjoy this process and see what emerges for you! Reflect on the week and note what you have learned.

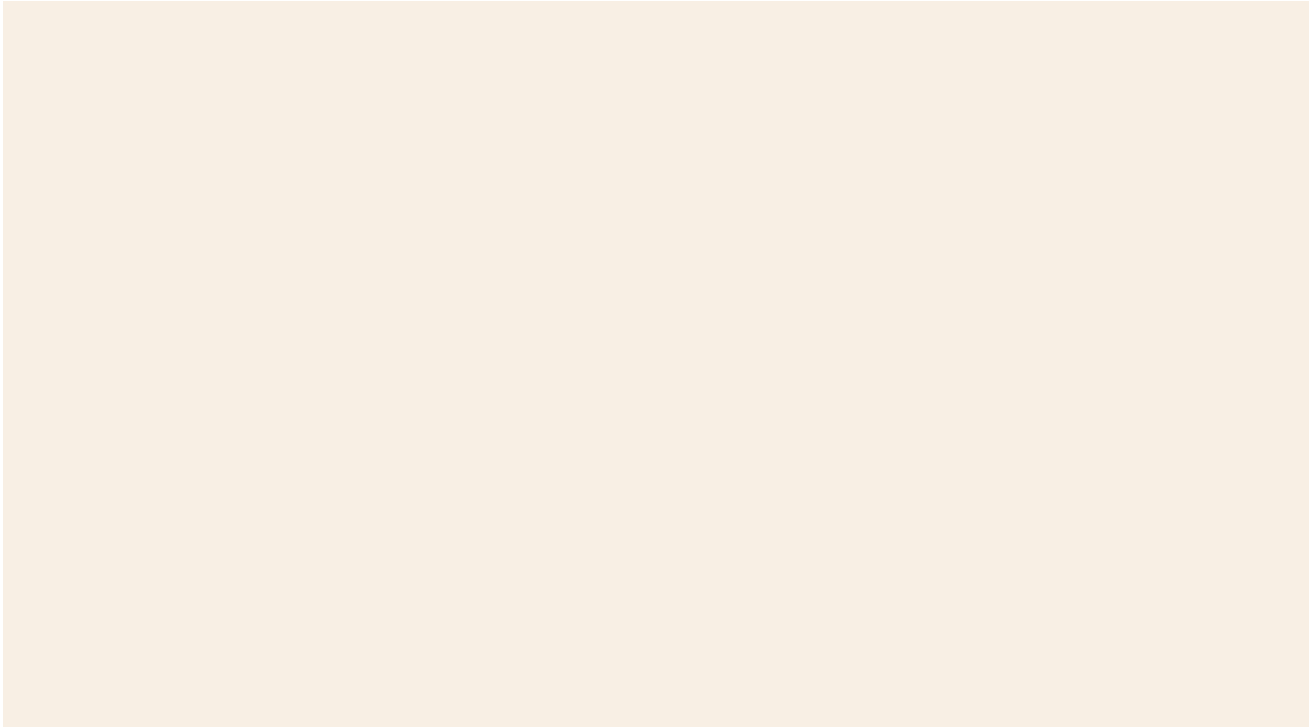
# It's Up to You.

How you move forward is up to you. Saying "yes" is your choice. Saying "no" is also your choice. Remember, when you say "yes" to one thing, you must say "no" to something else and vice versa. Are you willing to give up something old to make space and time for rejuvenation in your life? For example, if you want a day to yourself once a month, you have to say "no" to invitations and requests on that day. This works in reverse as well: if you say "yes" to staying late at work, what will you ultimately have to say "no" to? Laundry, solitude, healthy dinner with family, tucking your child in at night, sleep?

There are no right or wrong decisions here - each person has unique values and unique needs for rest.

Circle the three most important values you currently hold: family, intimate partner, health, education, spirituality, work/vocation, parenting, creativity, community, personal growth, or choose your own.

Question: Where do you need to set boundaries to prioritize these values? Be as specific as possible about what you might let go of to focus on your unique values.



Reflect on what you just wrote and write three behavior boundaries which you might help get some rest and ease. Don't worry if they sound harsh or critical right now. You will work on your language later.



# Time to plan

Choose one of the behavioral changes from the list you created above. It's time to strategize how you can make it happen with great results. Pick one of the boundaries from the previous page. It's best to start with the smallest one.

Write out what you might say or do to set boundary, and what you will do to keep it. Schedule when you will set the limit on your calendar. Select two small celebration: 1) when you set the boundary and 2) when you keep it.

With a specific plan, you are more likely to keep your boundaries and stick to your goal. Setting a boundary usually feels a little scary and you might wonder what others will think. If the idea of setting boundaries is truly frightening or you feel unworthy of boundaries, I encourage you to set up a time with a therapist to work on this. You will be glad you invested in yourself in this way!

# Rejuvenation

Now you get to plan your rejuvenation day! A whole day you ask?! You might feel you lack the time or energy or money for this. Do it anyway. Pick a day once a month where you schedule your rejuvenation day. You might like a day at home to relax and read magazines. Perhaps you prefer time with a friend, a day at a museum, a walk in nature, lunch at a nice restaurant, or even a night at a hotel.

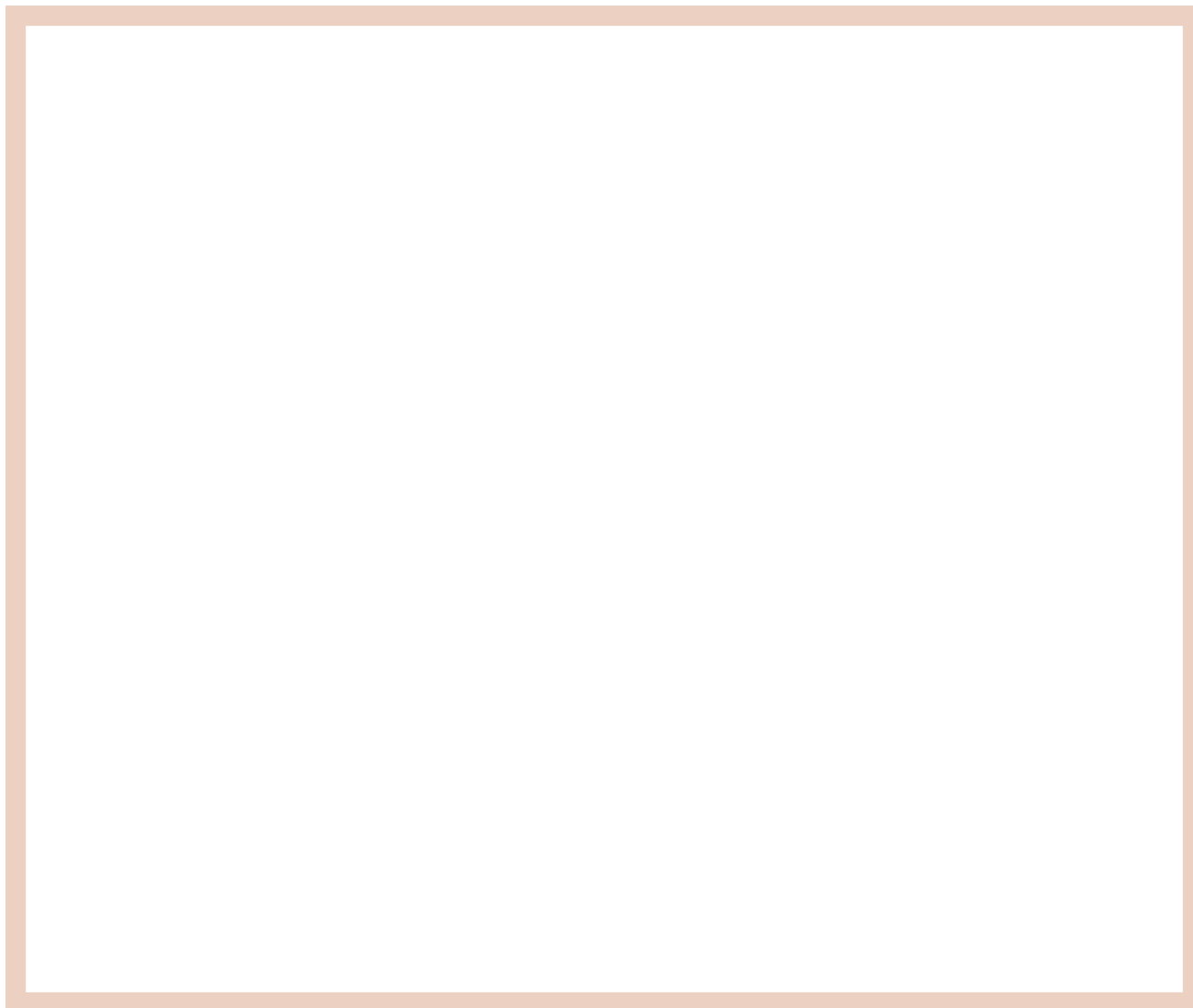
If you are serious about your reset and rejuvenation, you must schedule a day for yourself and protect the time at all costs. If someone asks you to do something that day, you will need to set the boundary. Just say, "I am already scheduled that day - I have homework for a class I am taking!" Below write as many ways as you can think of to spend your rejuvenation day. Be creative and be sure to include days which are low/no cost. Circle your favorites.

Now mark one day a month in your calendar for the next four months. Schedule what you will do that day. Don't leave the activity blank in your calendar!

# Visual Expression

Take a few moments to show some aspect of scheduling your reset and rejuvenation. How does it feel to make this promise to yourself? Use lines, shapes and colors to show your feelings. This may range from just one line to a fully fleshed-out, abstract or representational picture. Avoid thinking too long about it and be spontaneous. This will help you connect to your success strategy on a deeper level and hope you bring your rejuvenation to the world. Enjoy the process of creating and don't worry about the finished product.

However you do it will be great!



Title:

Three words or phrases to describe your art.

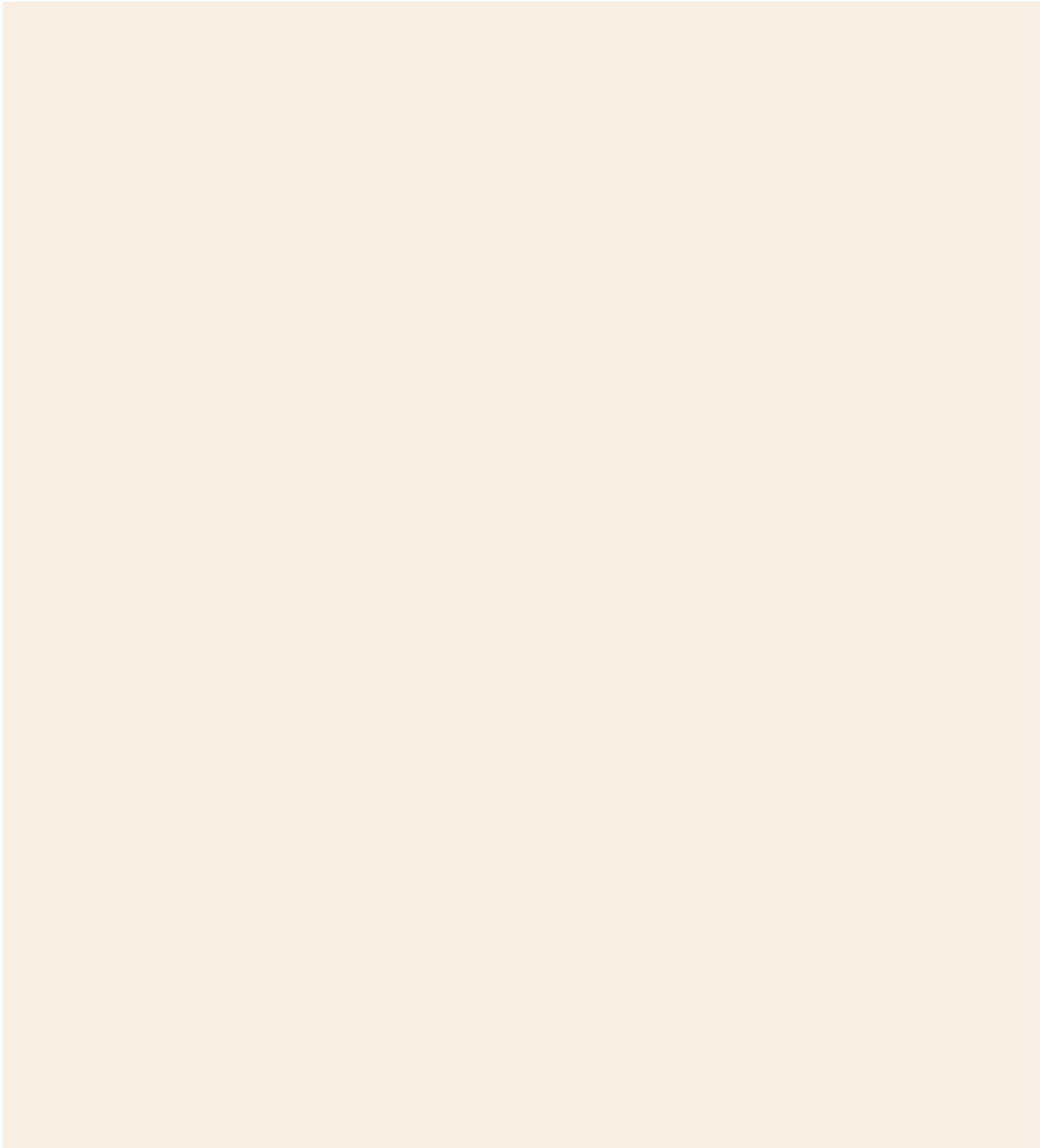
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How do you feel?



# REFLECTION

Reflect on what you have learned about how to make and create boundaries. What do you know about yourself now? What boundaries will you set up? How will you ensure you stick with your boundaries and rejuvenation plan? Remember, your rest and rejuvenation is a real gift to you AND everyone around you. As a person who takes care of themselves, you become an inspiration to others around them. Notice your thoughts, feelings and actions in alignment with your self care.







# What is next?

Go confidently in the direction  
of your dreams. Live the life  
you have imagined.  
- Henry David Thoreau

# CELEBRATE!

You have completed a month of reset and rejuvenation! Congratulations on all your progress! What new thoughts will you keep? What new actions will you take with you into the world? I am delighted you joined this community of people who are living more compassionately and making the world a better place.

Self-care through your committed actions is part of creating a better world. Imagine if everyone knew how to take exquisite care of themselves...the world would be a happier place indeed!

If you are excited about continuing this work, reach out to The Art Therapy Center of San Francisco for more workshops. Consider the Women's Search for Meaning signature packages, or individual psychotherapy and mentoring.

It was my pleasure to share the evidence-based information which has helped people all around the world. I look forward to hearing from you about what you learned in this workshop. I hope to see you in future workshops and you can reach out to set up a 20 minute consultation to see how you can continue living a life of joy and meaning. It is my wish that you continue to engage in the process of self-discovery with curiosity and compassion!

A handwritten signature in black ink, appearing to read 'Amy', with a stylized, flowing script.

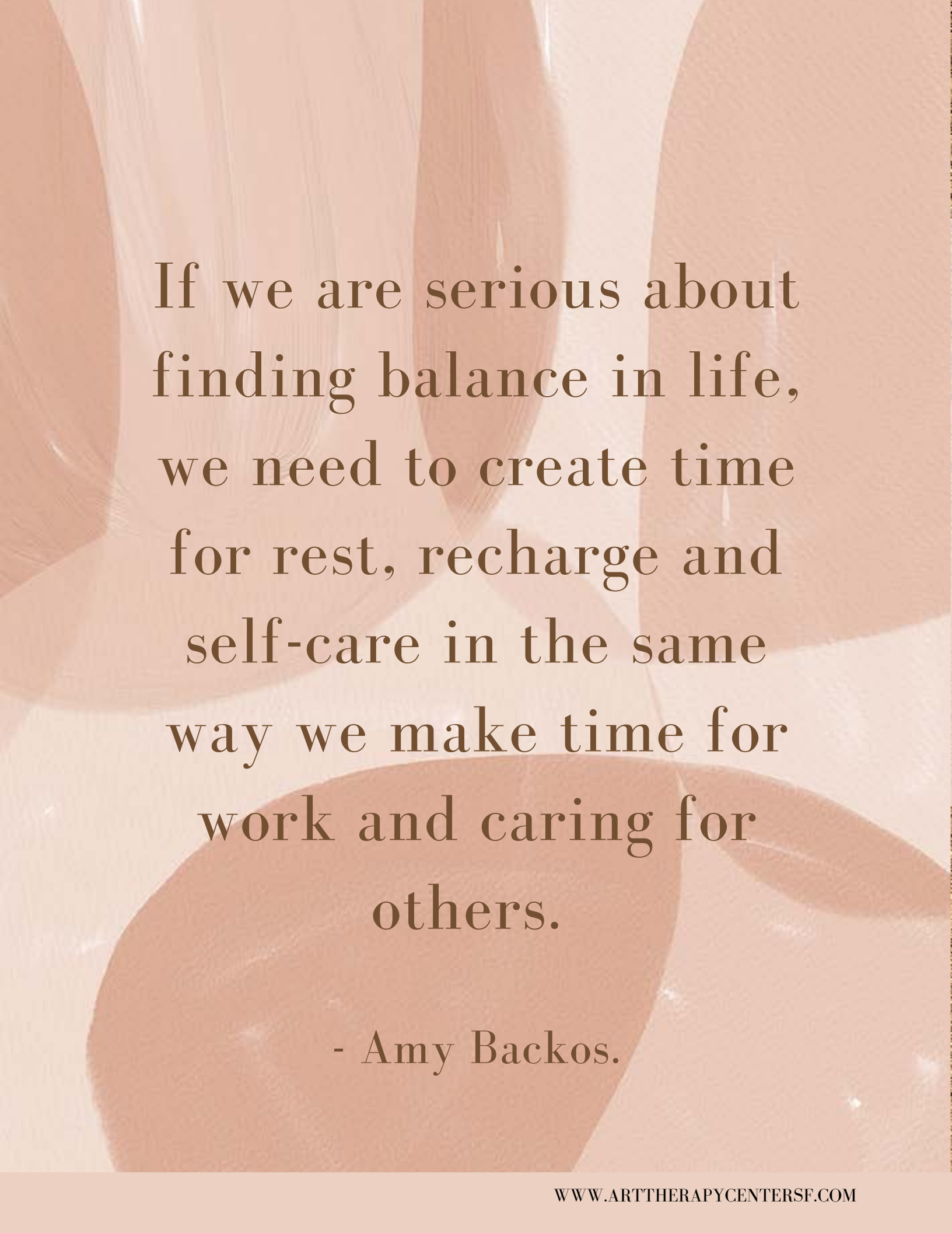
Amy Backos, PhD, ATR-BC  
Licensed Psychologist & Board Certified Art Therapist





# RESOURCES

No is a complete sentence.  
-Anne Lamont



If we are serious about  
finding balance in life,  
we need to create time  
for rest, recharge and  
self-care in the same  
way we make time for  
work and caring for  
others.

- Amy Backos.

# RESOURCES

01

Art Therapy Center of San Francisco

Center for creative expression, psychological wellness, positive psychology and value-based living. Email for complementary 20 minute consultation. Amy@amybackos.com

02

Instagram: @dramybackos

Join me each Friday at noon PST while I gently guide you to strategies to live a meaningful and joyful life.

03

Book: Set Boundaries, Find Peace: A Guide to Reclaiming Yourself

This best selling book by Nedra Glover-Tawwab offers insight on boundaries and claiming freedom.

04

Book: Post-Traumatic Stress Disorder and Art Therapy

A meaningful book by me, Amy Backos, about how creative process can help overcome past pain and traumas.

# MY WEEK

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# MY WEEK

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