

REWRITE THE RULES REWIRE YOUR WORLD WORKBOOK



Abaash Group

TABLE OF CONTENTS

04

Hello There!

Introduction

07

About Us

08

Chapter 1

Introduction

14

Chapter 2

FRAMING FAILURE
THE POWER OF POSSIBILITY
+

21

Chapter 3

MEMORY, MYTH & MEANING

28

Chapter 4

REWIRED FOR GROWTH: THE
NEUROSCIENCE BEHIND MINDSET
SHIFTS

33

Chapter 5

FROM SEED TO SOAR: THE STAGES
OF GROWTH"

T A B L E O F CONTENTS

48

Chapter 6

"From Learning to Living: 21 Days
of Growth Habits"

72

Bonus

80

THANK YOU



HELLO THERE!

Hi, I'm Renee Asher, Head of Possibilities, Culture Strategist, and Founder of the Abaash Group.

For over 25 years, I've been in the business of teaching, developing, and empowering people. My journey started in the classroom, but I quickly realized my passion extends far beyond curriculum. Over two decades in people-facing and leadership roles have taught me one thing above all: companies don't thrive by accident, they thrive because someone chose to invest in people first.

My work has taken me from education to corporate spaces, and even to Meta and Google, where I had the opportunity to deepen my understanding of what it takes to build strong, inclusive, high-performing teams. Now, I help companies align culture with strategy, build psychologically safe environments, and create systems where both performance and people thrive.

Because the secret to a thriving company isn't just in a better system, it's in a better investment in the humans behind it.

Let's build companies where people rise and everything else follows.

Renee Asher



HELLO THERE!

I'm Manu Newkirk, Hospitality Alchemist, Culture Architect, and proud VP & Co-Founder of the Abaash Group.

With over 20 years of experience in the hospitality and service industries, I've made it my mission to design environments where both guests and teams feel a deep sense of belonging. My approach combines operational excellence with radical empathy, crafting cultures that not only function but also flourish.

I've led high-performing teams, transformed service models, and built training programs that spark connection, confidence, and long-term growth. At the heart of everything I do is a core belief: when you invest in people, you unlock potential. That's the kind of learning that sticks, and the kind of leadership that lasts.

Let's build something that feels as good on the inside as it looks from the outside.

Manu Newkirk



HELLO THERE!

Hi, I'm Prathibha Deshmukh, Systems Whisperer at Abaash Group and the powerhouse behind the precision at Abaash Group.

With a sharp eye for detail and a gift for turning complexity into clarity, I make sure every moving part connects seamlessly, so that strategy isn't just imagined, it's executed. I lead with a blend of systems thinking, human-centered design, and operational excellence to help our clients build people-powered infrastructures that work.

I have more than 15 years of experience at some of the world's leading organizations including Deloitte, Oracle, and Meta. I specialized in HR operations, talent acquisition, and organizational design. I've built systems that support scale, foster inclusion, and drive performance, and I've seen how the right foundation behind the scenes makes all the difference on the front lines.

What fuels me most is helping businesses bring their vision to life by getting the right people, processes, and platforms in sync. Because when systems run smoothly, people shine and that's where real transformation begins.

Let's build it right, from the inside out.

Prathibha Deshmukh

About Us



At Abaash Group, we believe that lasting transformation begins with people; not just processes or products. We fuse people-first methodology, high-impact business strategy, and cutting-edge technologies to deliver solutions that are not only innovative, but deeply human.

Our approach is rooted in the belief that when you center the human experience, you create cultures, systems, and strategies that actually work and stick. Whether we're supporting leadership development, operational optimization, or cultural transformation, everything we do is designed to move organizations from surviving to thriving.

We don't offer one-size-fits-all answers. Instead, we co-create with our clients to build infrastructure that reflects who they are and where they're going. From the executive level to the front line, our work is about alignment, aligning people with purpose, systems with values, and strategy with impact.

We bring decades of experience across industries and institutions like citizenM, Google, Meta, Deloitte, and Oracle, combining that insight with the heart of educators, the precision of operators, and the imagination of designers. The result? Workplaces that don't just perform better, they feel better.

At Abaash, we don't just teach transformation. We build it, together.

CHAPTER

01

INTRODUCTION



Welcome

to the mindset shift that changes everything. This course isn't just about thinking positively, it's about rewiring the way you respond to challenge, feedback, and failure. Whether you're a leader looking to unlock your team's potential or an individual ready to break past personal limits, this journey will equip you with the tools, language, and mindset to evolve. In this video (and course), we'll explore what it really means to adopt a growth mindset, not as a buzzword, but as a daily practice. Through reflection, stories, strategies, and science-backed frameworks, you'll learn how to turn setbacks into setups and build the mental muscle that fuels resilience, creativity, and long-term success.

Because growth isn't a trait. It's a choice.



GROWTH DOESN'T ALWAYS LOOK GRACEFUL

Sometimes it sounds like frustration, feels like resistance, and looks like standing still.

In this workshop, we'll unpack the messy middle of transformation, where discomfort is often the greatest teacher.

"Becoming Isn't Always Beautiful" invites you to explore how doubt, disappointment, and disruption can actually signal that you're on the edge of a breakthrough. This isn't about toxic positivity or fake confidence. It's about honoring the real, raw process of change and learning how to move through it with intention, not avoidance.

Growth gets loud before it gets clear. Let's crack it open together.

Reflections

Take a moment to reflect on your experience.

1. Have you ever felt like you didn't belong, or weren't "enough"?

2. What labels have you been carrying?

3. How have they limited you?

“WHAT IF THE ‘UGLY’ VERSION OF US. IS JUST

The Becoming?”

The Ugly Duckling didn't change into something new. He grew into who he was always meant to be. But until then, he lived in environments that couldn't recognize his beauty, not because he wasn't valuable, but because they weren't the right fit.

This is the heart of a growth mindset:

That our abilities, identities, confidence, and even self-worth aren't fixed. They evolve. They stretch.

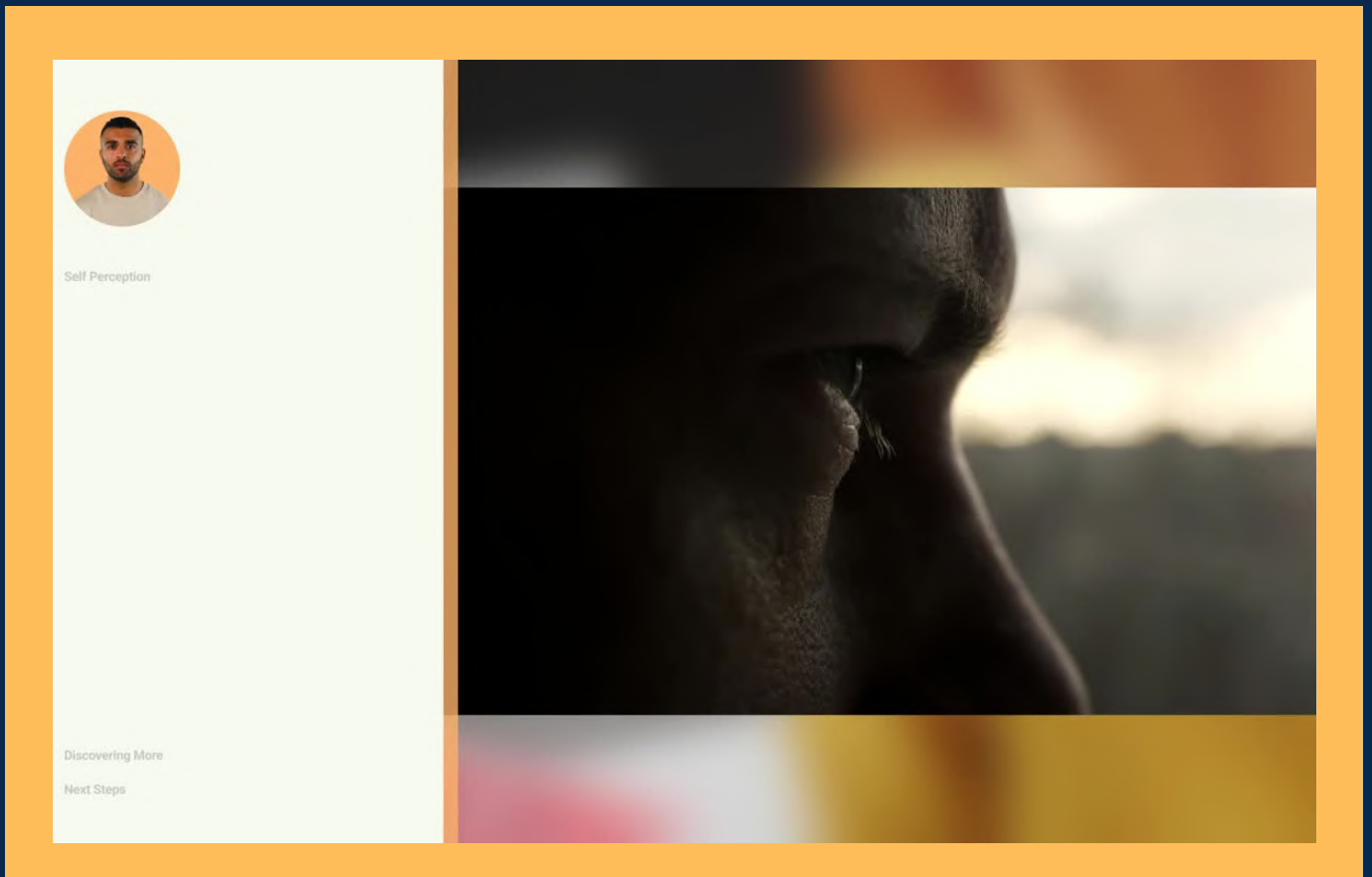
They emerge when we nurture them and when we stop letting temporary labels define our potential.

So the real question is:

What parts of yourself have you called “ugly” that are just... unfinished?

Let's dig in.

Inspirations



DID YOU KNOW

CHAPTER

02

**FRAMING FAILURE
THE POWER OF
POSSIBILITY**

LIMITING BELIEFS & EMPOWERING BELIEFS



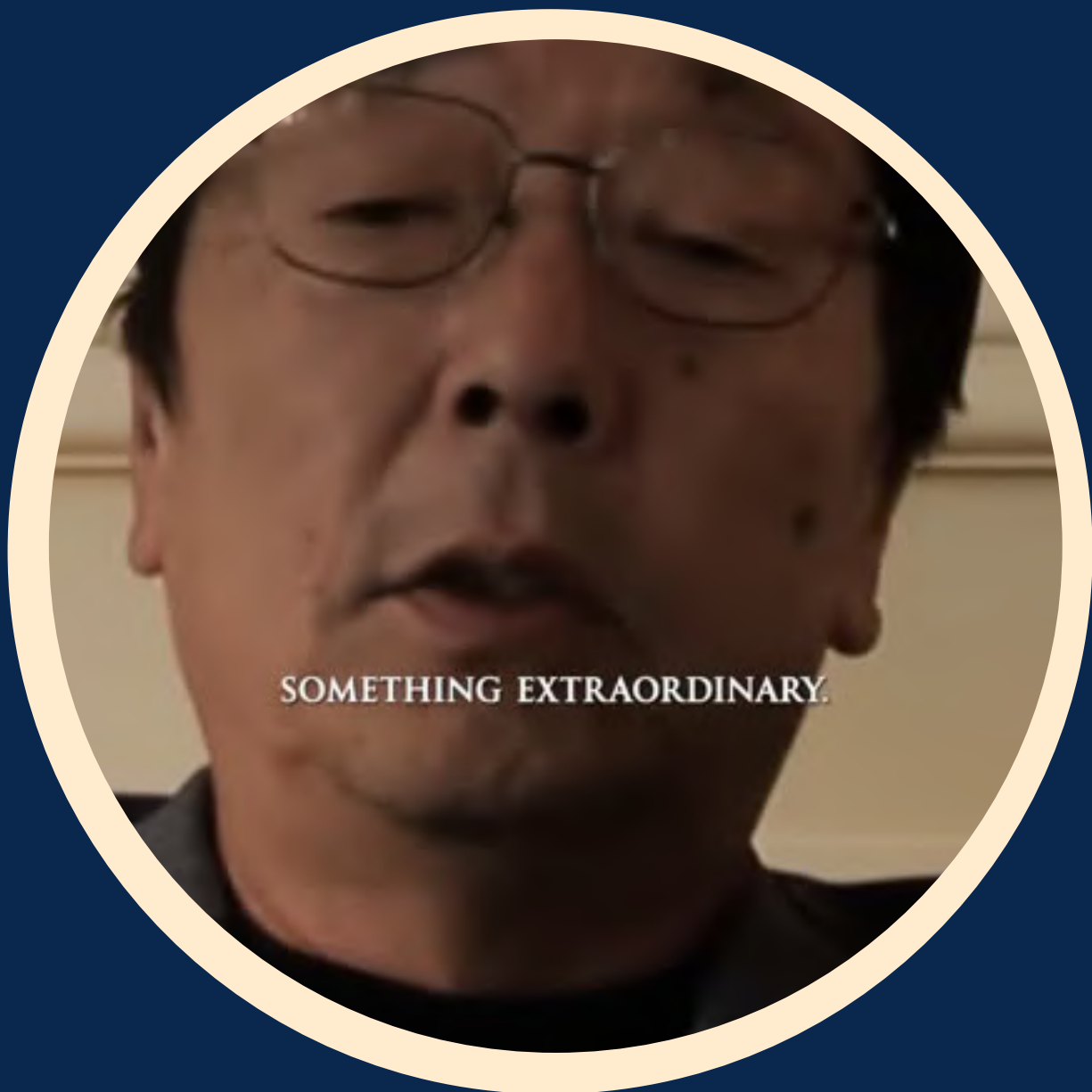
Our beliefs shape our thoughts, behaviors, and outcomes, often without us realizing it. This section helps you uncover the beliefs that may be holding you back and replace them with ones that propel you forward.

The Water Experiment”

Modern research shows that cells are not just passive structures, they respond actively to sound, frequency, and vibration. Studies in cellular biology have revealed that sound waves can influence everything from gene expression to cell organization. This lays the groundwork for understanding how what we hear, say, and believe can influence our health, mindset, and even our environment.

One of the most visually striking examples of this concept is the work of Dr. Masaru Emoto, who famously demonstrated that water molecules physically change shape depending on the words, sounds, or intentions directed toward them. Since our bodies are made up of over 70% water, his findings open the door to a deeper conversation about how our thoughts and words both internal and external shape our reality

How Our Energy Impacts Ourselves and Others



DID YOU KNOW

REWRITE



YOUR STORY

Reflections

UNLEARNING THE LABELS

"BELIEF ECHOES"

Complete these three sentence starters:

- A message I received as a child was or in my experience as...
- That message made me believe that...
- Today, that belief shows up in my life when I...

Return to The Ugly Duckling

Reflective Writing Prompt:

"What did the duckling have to overcome—internally and externally?

What's one challenge you're facing that feels similar?"

"What do you believe about this challenge—both positive and negative?"

JOURNAL

CHAPTER

03

**MEMORY, MYTH &
MEANING**



INVISIBLE WALLS, UNSEEN GROWTH

A bear, once caged, will sometimes pace in circles long after the bars are gone.

Not because the walls still exist, but because the memory of limitation does.

This is how trauma and limiting beliefs work.

We internalize the cage.

We adapt to it.

And we forget how vast the forest really is.

But growth begins when we pause...

when we question the path we keep repeating...

and when we dare to step outside the invisible boundary.

A growth mindset isn't just about optimism.

It's about reclaiming our agency.

It's about believing that healing is possible, that change is real,

and that we can navigate new opportunities with clarity, courage, and authenticity.

You are not your past pattern.

And the cage? It was never the whole story.



WHAT IS YOUR TAKE?

Inspirations



SELECTIVE ATTENTION

Reflections

Recall the Story

1. What happened in the video?
2. What was the message or lesson?
3. "What did you miss?"
4. "Why do you think you missed it?"
5. "How often do we do this in life—assume we know the full story?"

Reflections

“How can the stories we believe about ourselves limit our growth?”

Connect to Theory:

“This exercise shows us something powerful: Our brain doesn’t just record facts, it edits, fills in gaps, and prioritizes meaning over accuracy.

That means our perception shapes our reality, and unchecked, this can lock us into a fixed mindset—believing that we ‘know’ what’s true about ourselves, our limits, and our future, even when we don’t.”

Optional Follow-Up Activity:

Write down a story they’ve told themselves for years (e.g., “I’m not a math person,” “I’m not creative”).

Then have them fact-check it:

“Is this true—or just repeated?”

“What details have I missed or ignored?”

“What happens if I rewrite this story with a different ending?”

JOURNAL

CHAPTER

024

**REWIRED FOR GROWTH:
THE NEUROSCIENCE
BEHIND MINDSET SHIFTS**

Inspirations



Understanding Your Brain

When You Struggle or Feel Stuck

**CHANGE YOUR MIND—
LITERALLY**

Inspirations



THE POWER OF YET

Reflections

Frame & Reframe: Applying the Science

Revisit your “Impossible Goals” that we wrote down at the beginning of this course.

Reframe each goal using the power of “Not Yet” + identify *one concrete next step* toward progress.

Example:

Original: “I want to master public speaking, but I’m terrible.”

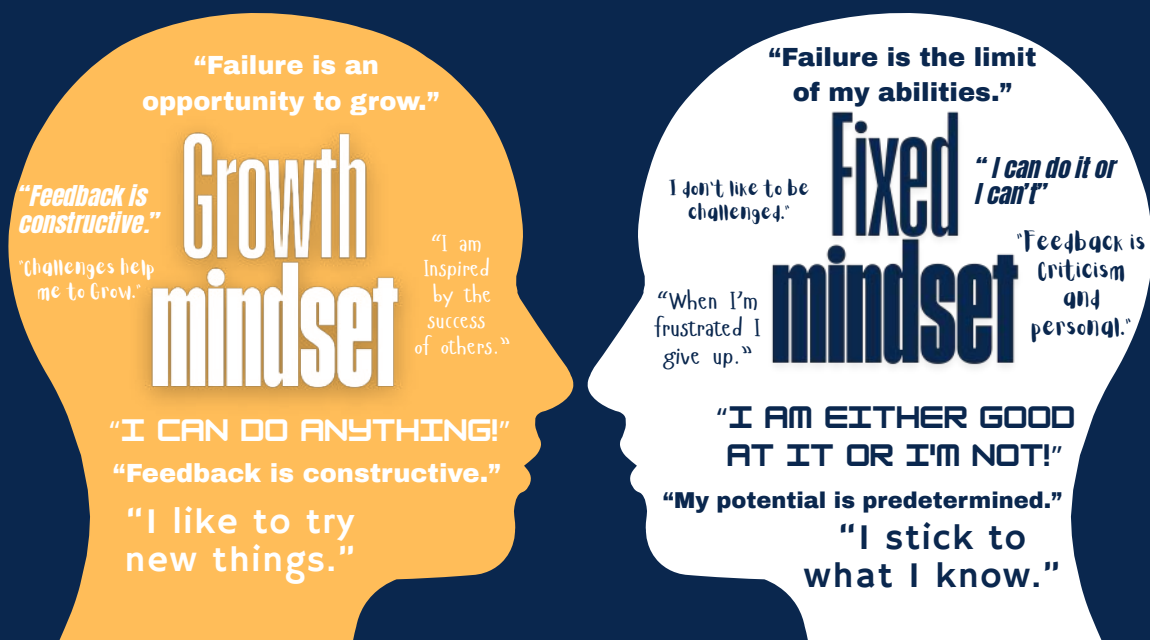
Reframe: “I haven’t mastered it yet, but I will practice by speaking in meetings next week.”

JOURNAL

CHAPTER

05

**FROM SEED TO SOAR: THE
STAGES OF GROWTH"**



Embody and experience: The Engagement Continuum

As you move through this session, we invite you to fully engage with the process, not just passively watch.

Pause and participate at each section of the Engagement Continuum. Use the prompts and questions as a mirror, not a checklist.

You can write your responses, speak them aloud, record a short video, or reflect with a peer or coach. The more you engage, the more insight you'll uncover.

This isn't just content. It's a chance to check in with yourself. Take your time. Make it personal. And stay curious as you go.

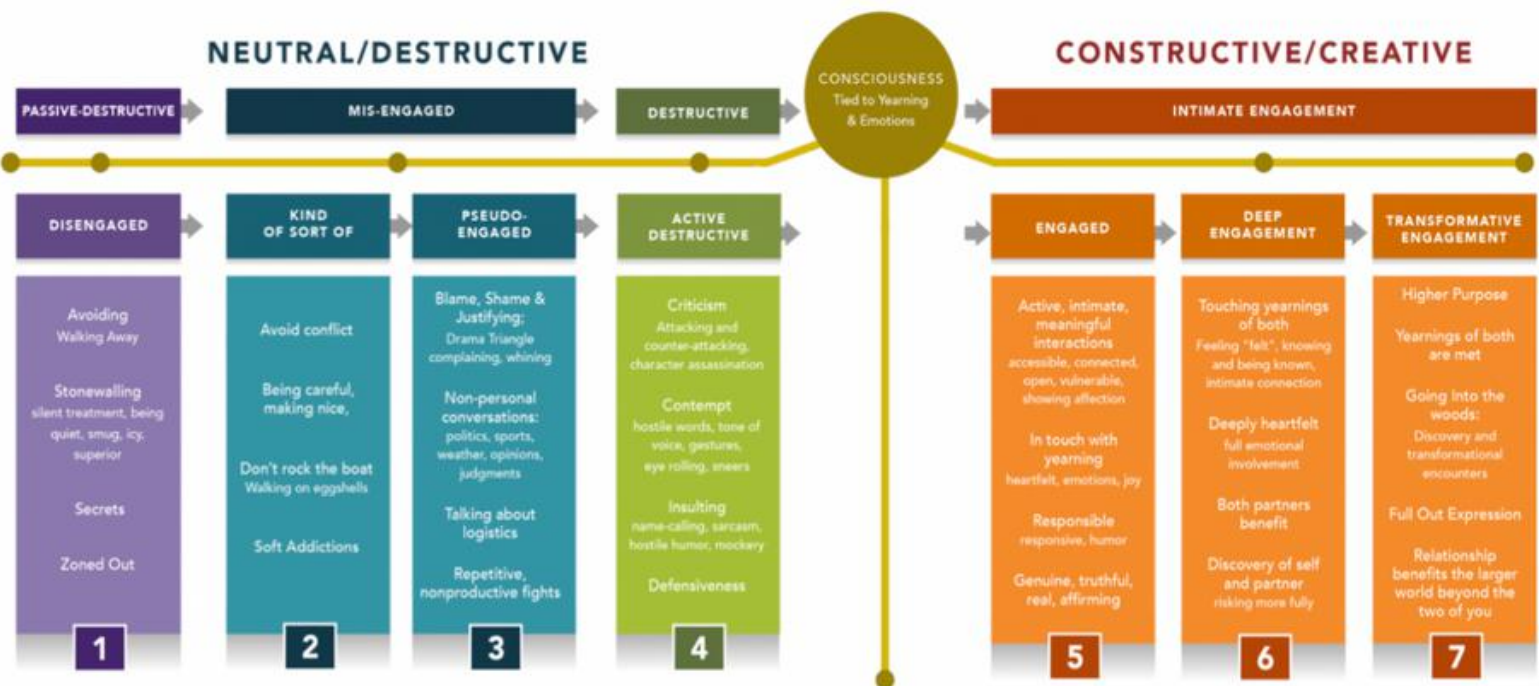
Inspirations

The beliefs we
consciously and
unconsciously operate
from influence how we
engage in the world...



**FROM FIXED TO
FLOURISHING: 5 STEPS
TO A GROWTH MINDSET**

THE ENGAGEMENT CONTINUUM



Level 1 Disengaged – Avoiding/walking away + The silent treatment + Keep secrets + Zoned out

Level 2 Kind of / Sort of – Avoid conflict + Being careful and making nice + Walk on eggshells to not hurt feelings

Level 3 Pseudo-Engaged – Complaining & whining + Only engage in non-personal conversations (the weather, sports, politics, opinions/judgements) + Repetitive, nonproductive fights

Level 4 Active Destructive Engagement – Criticizing, character assassination + Contempt: hostile words, harsh tone of voice, eye-rolling + Insulting by name-calling + Hostile humor, sarcasm + Defensiveness

Level 5 Engaged – Aware of yearnings + We are present, responsible, genuine, affirming, appreciative, + We have a sense of humor

Level 6 Deep Engagement – Aware of yearnings & curious about the yearnings of the other person + It's not just about you being satisfied, but everyone being satisfied + Excited to be with each other to share, learn, and inspire

Level 7 Transformative Engagement – Focus on purpose and higher vision, as well as yearnings + Risking more & saying things you haven't said + Telling more truths, less rigid, and blurting things out + More vision-oriented

TRACK YOUR ENGAGEMENT

HIGH LEVEL

Track yourself on the Engagement Continuum! Set a timer (every 5 minutes or every hour) and mark your current state using tally marks on the following pages.

**NEUTRAL |
DESTRUCTIVE**

**CONSTRUCTIVE |
CREATIVE**

Reflections

Take a moment to reflect on your experience tracking your engagement.

1. What did you notice while tracking yourself on the Engagement Continuum?

Did any patterns emerge? What surprised you?

2. Did you find yourself engaging more on one side of the continuum than the other?

Why do you think that was?

3. Did your level of engagement shift throughout the day?

What prompted the shift(s)?

4. What internal or external factors influenced your engagement levels?

Consider mindset, energy, environment, relationships, or specific tasks.

Reflections



Growth Mindset

Write your story.

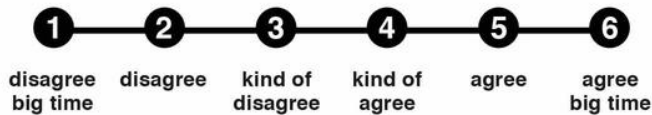
MINDSET CHECK UP

Take a minute or two to answer these questions. There are no right or wrong answers here. Just circle the button that you think works best for you!

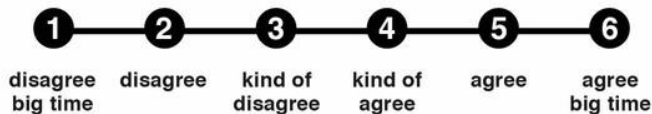
PART #1

CIRCLE THE BUTTON THAT YOU THINK BEST FITS!

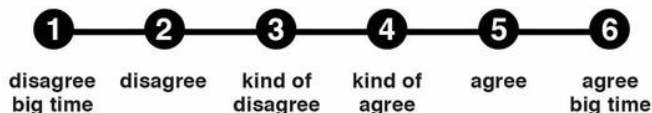
1. You can always change your talent a good amount, no matter how much you have.



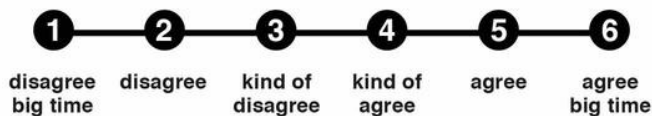
2. I like work the best when it makes me think hard.



3. I like doing things that I'll learn from even if I make a lot of errors.



4. When something is hard, it makes me want to spend more time on it, not less.



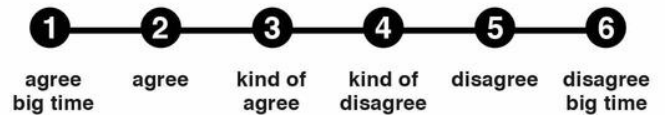
PART #1 TOTAL _____

PART #2

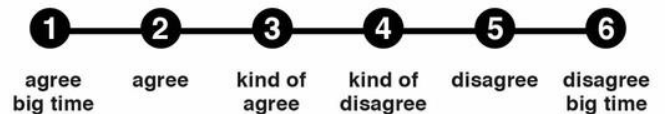


NOTICE WE CHANGED THE SCORING FOR THIS PART. READ CAREFULLY:)

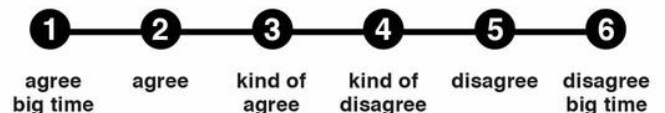
5. You can always learn things, but you can't really change how smart you are.



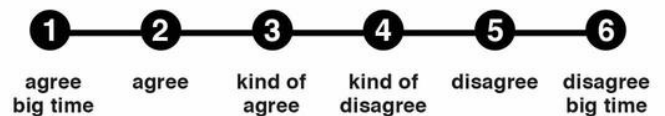
6. I like work the best when I can do well without putting a lot of effort in.



7. I like doing work that I can do perfectly almost all of the time.



8. When I have to put extra work in it makes me feel like I'm not as good as my peers.



PART #2 TOTAL _____

(NOW ADD THE TWO PARTS TOGETHER!)

GRAND TOTAL _____

MINDSET CHECK UP

YOUR SCORE _____

WHAT IT MEANS

8-16

You firmly believe that your talents, skills, and abilities are set traits. These things can't be changed very much. If you can't perform really well and look good on a test or project you would rather just not do it. You think that smart and talented people don't have to work very hard to be good.

17-24

You think that your skills and intelligence probably don't change much. You like situations where you perform well, are less likely to make mistakes, and don't have to put in too much effort. You believe that learning and getting better at things should be relatively easy.

25-32

You're not too sure whether or not you can change your skills and intelligence. Your grades and performances are important to you and so is learning. You're not the biggest fan of putting in too much effort though.

33-40

You believe that you can develop your skills and intelligence. You really care about learning and don't mind having to put in some effort to make it happen. Performing well matters to you but you think that learning is actually more important than always scoring well and looking good.

41-48

You totally believe that you can grow and improve your skills and intelligence. You love challenges and know that the best way to learn is by working really hard. You don't mind making mistakes or looking bad in order to get better.



DID YOU KNOW...

That your mindset can change and develop. If you don't like where you're at right now, it's totally fine - you can change it!

MINDSET MAKEOVER WORKSHEET

YOUR 5-STEP TRANSFORMATION JOURNEY WELCOME!

This worksheet will guide you through the 5 powerful mindset shifts that can transform how you think, act, and show up in your life. Take your time with each exercise and be honest with yourself. Remember, this is your personal journey!

STEP 1: REFRAME YOUR THOUGHTS

Your first thought isn't yours, but your response is your responsibility.

Thought Reframing Exercise:

Write down 3 negative or limiting beliefs you frequently have:

Now reframe each thought into an empowering belief perspective:

My daily reframe reminder: What's meant for me will find me. The perfect opportunity isn't lost, it's still on its way.

STEP 2: TAKE IMPERFECT ACTION

Action creates clarity!

STEP 3: CHOOSE A NEW IDENTITY

Act as if you are already the person you want to be.

Identity Creation Questions:

Who do I want to be? (Describe this person's qualities and characteristics)

How do I want to show up in my relationships?

How do I want to show up in my life and work?

Three specific actions I can take to embody this identity starting today:

STEP 4: LET GO OF THE UNWORTHY SHIELD

What keeps you protected keeps you stuck.

Shield Identification:

My primary "shield" behavior or limiting belief that's holding me back:

How has this shield protected me in the past?

How is this shield now limiting me?

One situation where I commit to putting down this shield:

What's the worst that could happen if I let go of this shield?

What's the best that could happen?

STEP 5: BET ON YOURSELF

You are your best investment!

Self-Investment Contract:

I am betting on myself by committing to:

Three ways I will invest in myself this month:

My personal commitment statement:

I, _____, am worth betting on because

[Your Signature] _____ Date: _____

REFLECTION & INTEGRATION

Which of the 5 steps resonated with you most strongly? Why?

What's one insight you gained from this worksheet?
How will you remind yourself of these mindset shifts daily?

WEEKLY CHECK-IN

Set a weekly reminder to revisit this worksheet and track your progress.

Week 1: Date // ___ **| Top mindset win:** _____

Week 2: Date // ___ **| Top mindset win:** _____

Week 3: Date // ___ **| Top mindset win:** _____

Week 4: Date // ___ **| Top mindset win:** _____

Remember: Your mindset creates your reality. Choose wisely.

JOURNAL

CHAPTER

06

**"FROM LEARNING TO
LIVING: 21 DAYS OF
GROWTH HABITS"**

MEET MANU, CO- FOUNDER OF ABAASH



Thank you for joining us for the Rewrite the Rules, Rewire Your World course. We hope that this is the beginning of your transformation, liberation, and endless possibilities. Meet Manu, an award-winning strategist, leadership architect, and cultural disruptor as a co-founder of Abaash. With a sharp talent for transforming and a heart for people, Manu brings the bold, human-centered approach that powers everything we do at The Abaash Group.

In this next chapter, we invite you to move from insight to impact. Whether you're leading a team, scaling your company, or reshaping your narrative, you're not meant to do it alone.

This is how growth becomes your new normal.

LIMITING + EMPOWERING BELIEFS



CORE LIMITING BELIEFS

- I'm Not Enough
- I'm Too Much
- I'm Not Worthy / I'm Insignificant
- I'm Not Lovable
- I Have To Earn Love
- I'm Not Okay As I Am
- I'm A Burden
- I'm Alone And On My Own
- I Don't Matter



CORE EMPOWERING BELIEFS

- I'm Enough
- I'm A Gift
- I'm Worthy As I Am
- I'm Lovable As I Am
- I'm Whole And Complete
- My Needs Are Valid
- I Am Worthy Of Care
- I Am Supported And Connected
- I Matter



Your Journey Starts Now!

Growth doesn't come from big leaps—it comes from small, consistent steps.

We invite you to join our:

21-Day Muscle Memory Challenge

by choosing one simple micro-habit to reinforce your growth mindset each day. It might be a morning affirmation, journaling a win, or reframing a fixed mindset thought.

To support you, we've included a bonus workbook filled with habit ideas, reflection prompts, and a 21-day tracker.

Remember: consistency beats intensity.

Keep it small. Keep it meaningful. And most of all—keep going.

This is how growth becomes your new normal.

WRITE YOUR PERSONAL GROWTH MINDSET PLEDGE (OR SIGN OURS)

Thank you for joining us. Record yourself saying this pledge and tag us on instagram or LinkedIn @Abaashgroup.

I believe that growth is always possible.

I am not defined by my past, my fears, or my limitations.

Today, I choose to see challenges as chances.

I choose curiosity over comfort, and effort over ease.

I may not have it yet but I'm willing to learn, try, and stretch.

I commit to one small action, every day,
to train my mind for growth and my heart for courage.

Because possibility lives not in what I already know,
but in who I'm becoming.

I am in motion. I am becoming. I am growing.

I, _____, am worth betting on because
[Your Signature] _____ Date: _____

PERSONAL GROWTH MINDSET PLEDGE

I, _____, am worth betting on because
[Your Signature] _____ Date: _____

TURNING AWARENESS INTO ACTION

1. What is one limiting belief you've carried for a long time?

2. How has it impacted your behavior or choices?

3. What does your empowering belief sound like?

4. What would your life look like if you fully lived into this new belief?

Reflections

Choose one limiting belief you've noticed showing up in your life. Reflect on the role it plays—both protective and restrictive.

What is one limiting belief you hold about yourself, others, or the world?

How does this belief keep you safe or help you avoid something?

How does this belief hold you back from your goals, relationships, or growth?



HALF THE GAME IS
90% MENTAL

Yogi Bera

Reflections

What story am I mentally rehearsing most often?

Is it serving me, or is it time to change the game?



**“WHETHER YOU THINK YOU CAN,
OR THINK YOU CAN’T,
YOU’RE RIGHT.”**

HENRY FORD

Reflections

How do your words reflect your current beliefs about yourself?

What do you want your language and presence to communicate moving forward?

What's already amazing
about you? Let's start
there.

Reasons

[illegible]

10

Things I am Becoming

Duration: / /

A dried yellow flower with a white tag attached to its stem, set against a light gray background with a dashed border.

Duration: / /

A single yellow flower with a dark green stem and leaves is positioned on the right side of the page. A white, rectangular piece of paper is wrapped around the stem, resembling a collar. The background is a solid light gray, and the entire image is framed by a dashed black border.

Duration: / /

A single yellow flower with a dark center and a small white tag tied around its stem. The flower is positioned on the right side of a light gray rectangular area, which is enclosed by a dashed black border. The background of the entire image is white.

Duration: / /

A single yellow flower with a white tag attached to its stem, set against a light gray background. The flower has a dark center and is positioned on the right side of the image. The tag is white and has some faint, illegible text on it. The background is a solid light gray.

Duration: / /

A single yellow flower with a dark green stem and leaves is positioned on the right side of the page. A white, rectangular paper band is wrapped around the stem just below the flower head. The background is a solid light gray, and the entire image is framed by a dashed black border.

MINDSET MASTERY

IDENTIFY & SHIFT YOUR BELIEFS

Write down a recent challenge or situation that triggered self-doubt or frustration.

Identify the limiting belief behind your reaction.

Explore where this belief might have come from (early experience, societal message, etc.).

Rewrite it as an empowering belief that aligns with your values and truth.

Reflect: How would you show up differently if you lived from the new belief?

JOURNAL

JOURNAL

JOURNAL

JOURNAL

JOURNAL

JOURNAL

Inspirations

BONUS CONTENT

SUGGESTED READING

01

THE HEART FIGHT

by Judith and Bob Wright

02

THE LET THEM THEORY

by Mel Robbins

03

BLACK BOX THINKING

By Matthew Gyed

04

THE MASTERY OF SELF

By Miguel Ruiz Jr.

05

THE GIFT OF REJECTION

By Nona Jones

Inspirations

BONUS

THE

07

TYPES OF REST”

REST

Rest isn't a one-size-fits-all solution—and sleep alone doesn't meet all of our body's or brain's needs. While sleep is essential for physical and cognitive recovery, it's only one piece of the puzzle. To truly feel recharged, we need to match the type of rest to the type of exhaustion we're experiencing—something most of us were never taught, but can begin to practice now.

Many people assume that sleep is the only kind of rest they need. But research shows otherwise. A 2022 meta-analysis in Occupational Health Science found that even short micro-breaks—as brief as five minutes—can significantly reduce fatigue and boost focus and energy. Meanwhile, studies in occupational health psychology highlight that true recovery goes beyond physical rest. It also includes mental detachment, emotional expression, and purposeful rejuvenation through various forms of rest.

In short, meaningful rest is intentional, varied, and just as essential as sleep.



TYPES OF REST



You Might Feel...

Try This...

Chronic fatigue,
tension, soreness

Stretching, naps,
massage, early
bedtime



Racing thoughts,
brain fog,
indecision

Journaling,
mindfulness breaks,
setting clear work
boundaries



Suppressed
emotions,
performance
pressure

Authentic sharing,
therapy, honest
journaling
emotional
boundaries



People burnout,
resentment
social fatigue

Alone time,
conscious,
disconnection,
quality over quantity



Lack of inspiration,
creative blocks

Visiting art galleries,
nature, playful
exploration
new experiences

CHECK-IN

Which of the following describes you right now?
1. (Check all that apply)

☐ I feel physically tired even after sleep.

→ You may need **Physical Rest**



Try: Taking short naps, stretching, restorative yoga, going to bed 30 minutes earlier, scheduling a massage.

☐ I feel like I'm hiding my real feelings.

→ You may need **Emotional Rest**



Try: Talking to a trusted friend, therapist, or coach; journaling honestly; setting boundaries on emotional labor.

☐ My mind won't shut off.

→ You may need **Mental Rest**



Try: Mindfulness breaks during the day, journaling to release looping thoughts, setting work hours with clear stopping points

☐ I'm burned out from being around people.

→ You may need **Social Rest**



Try: Carving out alone time, saying no to non-essential events, reconnecting with people who energize you rather than drain you.

☐ I'm easily annoyed by noise or screens.

→ You may need **Sensory Rest**



Try: Unplugging from screens for an hour, spending time in nature, using noise-canceling tools, or dimming lights in the evening.

☐ I feel uninspired or creatively blocked.

→ You may need **Creative Rest**



Try: Enjoying art, music, or nature without pressure to produce; taking a new route home; scheduling time for wonder or play.

CHECK-IN

1. Which of the following describes you right now? cont'd (Check all that apply)

☐ I've lost touch with my purpose or joy.
→ You may need Spiritual Rest



Try: Meditation, prayer, connecting with your values, volunteering, or doing something meaningful that aligns with your beliefs.

2. Where in your life do you feel most depleted? (e.g., work, home, relationships, self-image)

3. Based on your answers above, which 1-2 types of rest might help you most right now?

CHECK-IN

4. What is one small shift you can make this week to invite that kind of rest?

(Examples: a walk with no phone, canceling a draining meeting, journaling before bed, saying "no" gently but clearly)

THANK YOU

FIND OUT MORE ABOUT HOW THE
ABAASH GROUP CAN SERVE YOUR
ORGANIZATION:

CLICK HERE:

FIND OUT MORE
ABAASH GROUP

