

## Day 3 Reflection

### Take a quiet moment to slow down.

You don't need to fix anything right now. Just notice what comes up when you stop moving.

### Ask yourself:

- Where am I feeling the most tired — physically, mentally, or emotionally?
- What do I need to release so I can rest fully?
- Have I been trying to earn my rest instead of receiving it?
- What does rest look like for me in this season — and what might God be inviting me to lay down?

### Reminder:

Rest isn't wasted time.

Rest is recovery.

Rest is obedience.

*"Come to me, all you who are weary and burdened, and I will give you rest."  
— Matthew 11:28*

*Bright Bold Smart ♦ Organized Living*