

ULTIMATE TEAMMATE

ACTIVATION:

REST GAME PLAN—BE A TEAMMATE
TO YOURSELF

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Showing up for others begins with taking ownership. While the strongest teammates can't control every outcome, they always take responsibility for the impact they have on those around them.

1. Where am I depleted?

- Where in your life do you currently feel like you're playing "all 48 minutes"? (Write down the areas of your life where you feel most drained right now—work, family, health, emotions, etc.)

2. What restores me?

- How can you build in intentional rest—not just sleep, but time that restores your soul? (List the specific activities, people, or places that help you feel renewed. For example, long walks, journaling, music, naps, prayer, laughter with friends.)

3. My "load management" strategy:

- This week, I will rest by:
Mini-rest (15–30 min): _____
Mid-rest (a few hours): _____
Major reset (full day/weekend): _____

4. Boundaries I need to set:

- Where do I need to say no—or “not right now”—so I can protect my rest?

2. My accountability teammate:

- Name one person who can remind me to take care of myself and celebrate when I do.

Busyness gets you a participation trophy. Lifetime awards come from showing up restored, ready, and present. Even the best teammates need a bench moment—not to sit out, but to sit still, so when it’s time to get back in the game, we are able to lead with clarity and with heart.