

# LET YOURSELF REST

**If you're exhausted, rest.**

**If you don't feel like starting a new project, don't.**

**If you don't feel the urge to make something new,  
just rest in the beauty of the old, the familiar, the known.**

**If you don't feel like talking, stay silent.**

**If you're fed up with the news, turn it off.**

**If you want to postpone something until tomorrow, do it.**

**If you want to do nothing, let yourself do nothing today.**

**Feel the fullness of the emptiness, the vastness of the  
silence, the sheer life in your unproductive moments.**

**Time does not always need to be filled.**

**You are enough, simply in your being.**

**Jeff Foster**

