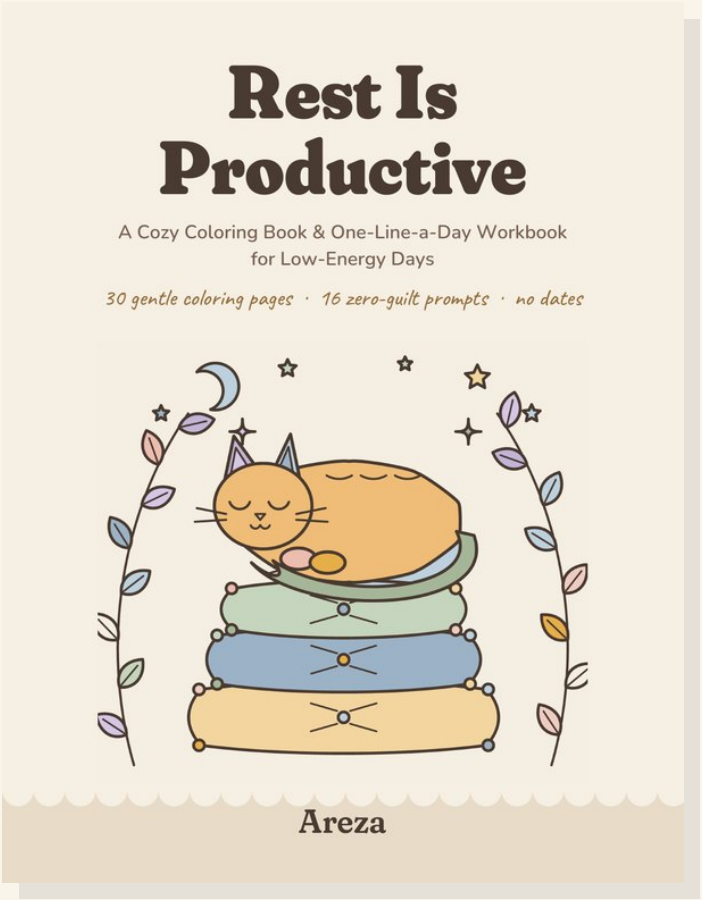


Rest Is Productive

A cozy coloring book for low-energy days · Adults

IN THIS SAMPLE · PRINT AND ENJOY

- Page 2: Permission Slip
- Page 3: My Low-Energy Menu
- Page 4: Coloring page

Coming soon to Amazon. Join the list at areza-books.netlify.app to hear the day it goes live.

© 2026 Areza. Free sample for personal use. Please don't resell or redistribute. · areza-books.netlify.app

Permission Slip

for heavy days

Today I give myself permission to:

- [ ] Rest without guilt
- [ ] Do the bare minimum
- [ ] Ask for help
- [ ] Let non-urgent tasks wait until tomorrow
- [ ] _____
- [ ] _____

Signed, with kindness: _____



No date needed. This slip never expires.

Free sample from “Rest Is Productive” by Areza · areza-books.netlify.app

My Low-Energy Menu

When decision fatigue hits, pick anything from the column that matches your battery.



5-Minute Energy

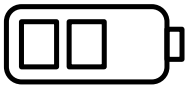
1% battery

~ Drink water

~ Open the curtains

~ Wash your face

~ Put on clean socks



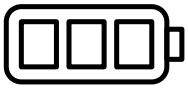
15-Minute Energy

10% battery

~ Eat a simple snack

~ Step outside for fresh air

~ Stretch in bed



30-Minute Energy

25% battery

~ Take a warm shower

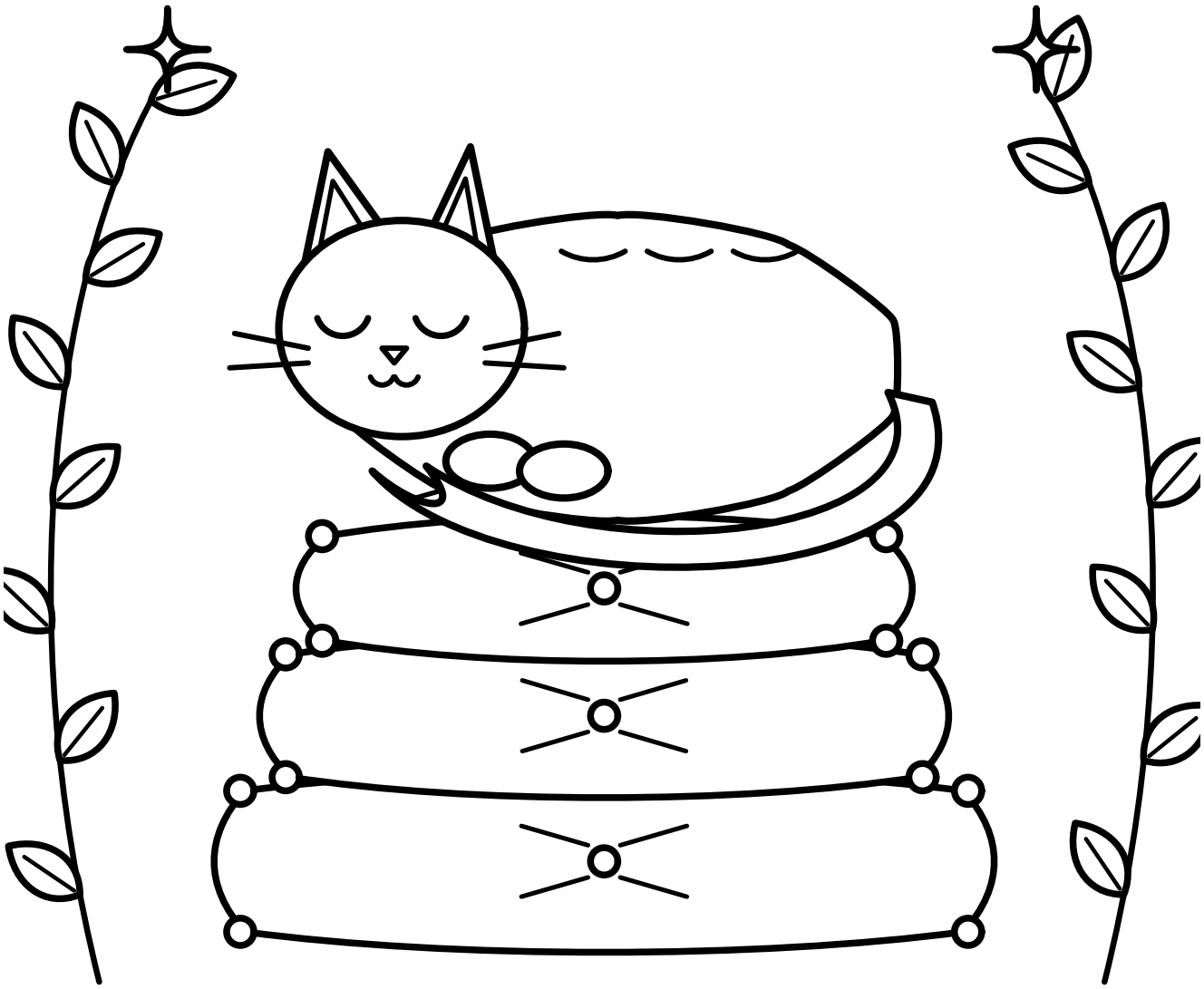
~ Tidy one surface

~ Text a safe friend

When you can't decide, close your eyes and point.

Free sample from “Rest Is Productive” by Areza · areza-books.netlify.app

Rest is productive



Free sample from “Rest Is Productive” by Areza · areza-books.netlify.app