

## **Day 23: Unwind**

### **Quote**

The time to relax is when you don't have time for it. Sydney J. Harris

### **Bible Verse**

Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Matthew 11:29

### **Inspiration**

Sesame Street

<http://www.youtube.com/watch?v=8ppOup8fp4E>

### **Journaling**

How easy do you find it to unwind? What things are you thankful for that enable you to relax and unwind?

### **Technique**

Use one of the techniques from the stencils list.

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