

REST IN ALIGNMENT WITH YOUR TEMPERAMENT

by Nino Perez of NChantedLife and Fiat&Flame

Choleric — The Doer, The Leader

Visionary. Decisive. Focused.

This high-capacity woman can resist rest, seeing it as weakness.

Her most vital rest is surrendered rest — where she allows herself to be led, to release control, and to remember: she doesn't have to hold it all.

→ Aligned Rest: Letting go of the planner. Trust walks. Prayers of surrender. Sabbaths without strategy.

Melancholic — The Deep Feeler

Sensitive. Thoughtful. Idealistic.

She needs rest that meets her in her inner depth.

True emotional rest helps her exit mental loops and receive beauty and calm directly into her heart.

→ Aligned Rest: Poetry. Sacred music. Journaling. Silence. Watching light filter through leaves.

Sanguine — The Joyful Light

Bubbly. Expressive. Magnetic.

This woman brings joy to all — but often forgets to receive it.

Her rest comes through grounding and playful presence, with no pressure to perform.

→ Aligned Rest: Creative play. Singing for fun. Barefoot nature walks. Dancing without a goal

Phlegmatic — The Peaceful Anchor

Gentle. Calm. Harmonizing.

She may default to stillness as a shutdown response rather than restoration.

Her most nourishing rest is awakening rest — gentle movement and soft structure that bring her back into aliveness.

→ Aligned Rest: Qigong. Devotional reading. Animal flow. Gentle accountability that inspires action without overwhelm.

