

Taking *Inventory* of My Current Rest Habits

This worksheet will help you reflect on your current rest habits across the seven types of rest. By identifying what you're already doing well and where there may be gaps, you can develop a more balanced approach to rest.

Physical Rest

-  How much sleep do I get each night? ____ Hours
 -  Do I take naps or breaks when needed? (Circle one) Yes / No
 -  How often do I engage in physical activities (walking/yoga/workout)? ____ Times per week
 -  What physical relaxation techniques do I practice? (e.g., deep breathing, massages)
 -  Is my body getting enough rest? What changes can I make?
-

Mental Rest

-  Do I experience racing thoughts or mental fatigue?
(Circle one) Often / Sometimes / Rarely
 -  Do I take breaks during the day to rest my mind? Yes / No
 -  Do I practice any mental rest techniques, like thought diffusion or journaling?
Yes / No
 -  How can I better support my mind in resting and recharging?
-

Sensory Rest

-  How much time do I spend in front of screens daily? ____ Hours
-  Do I take breaks from sensory input (e.g., noise, bright lights)? Yes / No
-  What practices do I use to reduce sensory overload? (e.g., grounding exercises, quiet time)
-  Am I allowing my senses enough time to rest? What can I adjust?

Emotional Rest

- 💖 Do I feel comfortable expressing my true feelings?
(Circle one) Often / Sometimes / Rarely
 - 💖 Do I have a support system to share my emotions with? Yes / No
 - 💖 How often do I suppress my emotions to avoid conflict or discomfort? ____ Times per week
 - 💖 Do I take on the emotional load of other people?
(Circle one) Often / Sometimes / Rarely
 - 💖 How can I create more opportunities for emotional rest in my life?
-

Social Rest

- 👉 Do I feel drained after social interactions?
(Circle one) Often / Sometimes / Rarely
 - 👉 How often do I take time alone to recharge? ____ Times per week
 - 👉 Do I feel pressure to socialize even when I don't have the energy? Yes / No
 - 👉 How can I balance social interactions with personal recharge time?
-

Creative Rest

- 🎨 Do I feel creatively inspired or blocked?
(Circle one) Inspired / Blocked
 - 🎨 How often do I engage with sources of creative inspiration (e.g., nature, music, art)? ____ Times per week
 - 🎨 Do I allow myself unstructured time to rest from creative tasks? Yes / No
 - 🎨 What can I do to better support my creative rest?
-

Spiritual Rest

- 🕊 Do I feel connected to something greater than myself? Yes / No
- 🕊 Do I engage in spiritual or meaningful activities (e.g., prayer, meditation, community involvement)? Yes / No
- 🕊 How often do I reflect on my values and purpose? ____ Times per week
- 🕊 What activities help me feel a sense of peace and purpose?
- 🕊 How can I create more space for spiritual rest in my life?

Final Reflection:

Take a moment to look over your responses. What did you discover?

☀ Which type of rest do I depend on the most?

☀ Which type of rest do I shy away from or avoid?

☀ Which type of rest do I feel I need the most right now?

☀ What is one small action I can take this week to improve my rest in this area?

☀ What is one habit I already do well that I can maintain or enhance?

Action Plan:

Identify one type of rest you need more of in your life.

Write down one small action you can take this week to improve your rest in that area.

Choose one area of rest to focus on for the next week.

Write down a small, realistic action to support that area.

Revisit this worksheet in a few weeks to reflect on your progress.