Rest Inventory

Rest Inventory Worksheet

Instructions: Reflect on your energy levels and identify which types of rest you might need most.

Rest Types Checklist:

What types do you need?

- ☐ Physical
- ☐ Mental
- ☐ Emotional
- ☐ Sensory
- ☐ Creative
- ☐ Social
- ☐ Spiritual

What's draining me right now?

Example: "I feel overwhelmed by noise."_____

_____

_____

_____

_____

Small steps I can take to recharge:

Example: "I'll spend 10 minutes outside in silence."_____

_____

_____

_____

_____