Seven Types of Rest Audit

Companion to "The Seven Types of Rest"

10 MINUTES, THEN AGAIN IN A MONTH

HOW TO USE THIS SHEET

1. Rate how much of each kind of rest you are getting right now, from 1 (none) to 5 (plenty). Sleep counts only under physical.
2. Circle the lowest one or two. That is usually where the tiredness comes from.
3. For each low one, write one small way to get it this week.
4. Come back in a month and rate again.

	Now 1 to 5	One way to get it this week
1 Physical: sleep, and active rest such as stretching or a slow walk.		
2 Mental: a brain that turns off; short breaks through the day.		
3 Sensory: time away from screens, noise and overlapping talk.		
4 Creative: wonder, beauty, something that stops you.		
5 Emotional: the space to say I am not okay.		
6 Social: people who give energy rather than take it.		
7 Spiritual: belonging to something larger than the to-do list.		