

Rest Audit Worksheet



Find What's Missing. Rebuild Your Rest.

The Quiet Growth Lab

Welcome

This worksheet is for high achievers who are tired - but can't figure out why. Because rest isn't just sleep. It's sensory, emotional, creative, and more.

Use this tool to gently identify the rest types you're missing and create your own quiet ritual to restore them.

How to Use This Worksheet:

- Review the 7 types of rest
- Take the self-assessment
- Use the planner + blueprint to rebuild your rhythm

THE 7 TYPES OF REST

PHYSICAL

- STRETCHING
- STILLNESS
- SLEEP
- MASSAGE

MENTAL

- MENTAL BREAKS
- BRAIN DUMPING
- QUIET MOMENTS

SENSORY

- LESS SCREENS
- SOFTER LIGHTING
- SILENCE

CREATIVE

- BEAUTY
- IMAGINATION
- MUSIC
- NATURE

SPIRIT

- MEANING
- PURPOSE
- STILLNESS
- CONNECTION

EMOTIONAL

- SFE EXPRESSION
- UNMASKING
- RELEASE

SOCIAL

- TIME AWAY FROM DRAINING INTERACTIONS
- PRACTICE ALONE TIME

SELF-CARE

checklist

BODY

- | | |
|---|--|
| <input type="checkbox"/> SLEEP AT LEAST 8 HOURS | <input type="checkbox"/> skincare routine |
| <input type="checkbox"/> MORNING STRETCH | <input type="checkbox"/> cold shower |
| <input type="checkbox"/> 30 MIN WALK OUTSIDE | <input type="checkbox"/> use moisturizer |
| <input type="checkbox"/> DRINK ENOUGH WATER | <input type="checkbox"/> declutter as you go |
| <input type="checkbox"/> EAT PROTEIN BREAKFAST | <input type="checkbox"/> pick an outfit you love |
| <input type="checkbox"/> WRITE A MEAL PLAN | <input type="checkbox"/> mindful breathing |

MIND

- | | |
|--|--|
| <input type="checkbox"/> NO SCREENS IN THE MORNING | <input type="checkbox"/> JOURNAL EVERY DAY |
| <input type="checkbox"/> READ A BOOK EVERY DAY | <input type="checkbox"/> LEARN SOMETHING NEW |
| <input type="checkbox"/> SOCIAL MEDIA DETOX | <input type="checkbox"/> CONNECT WITH LOVED ONES |
| <input type="checkbox"/> FIND A NEW HOBBY | <input type="checkbox"/> CREATE A VISION BOARD |
| <input type="checkbox"/> LISTEN TO A PODCAST | <input type="checkbox"/> HAVE SOME ALONE TIME |

SPIRIT

- | | |
|---|---|
| <input type="checkbox"/> PRACTISE MEDITATION | <input type="checkbox"/> DAILY AFFIRMATIONS |
| <input type="checkbox"/> EXPRESS GRATITUDE | <input type="checkbox"/> PRACTISE MINDFULNESS |
| <input type="checkbox"/> ACKNOWLEDGE EMOTIONS | <input type="checkbox"/> COMMUNITY WORK |
| <input type="checkbox"/> ACTS OF KINDNESS | <input type="checkbox"/> POSITIVE THINKING |

REST SELF-ASSESSMENT

Check all that apply to your current experience:

- I feel physically tired even after sleeping well*
- My mind races constantly or feels foggy*
- I'm overwhelmed by sound, light, or screen time*
- I feel uninspired or creatively blocked*
- I struggle to express my emotions honestly*
- I feel socially drained or overextended*
- I feel disconnected from purpose or deeper meaning*

Most checks in: _____ -> This is your rest gap

Mini Journal Prompts

Reflect on one rest area per day or week:

Physical: How can I give my body more ease?

Mental: What thoughts keep looping in my mind?

Sensory: What would feel gentler right now?

Creative: When did I last feel inspired?

Emotional: What emotion needs space to be heard?

Social: Who leaves me recharged vs. drained?

Spiritual: What still matters when I strip everything else away?

MONTH OF:

WEEKLY REST PLANNER

Use the grid below to plan small daily restoration moments.

REST CATEGORY	MON	TUE	WED	THU	FRI	SAT	SUN
Physical	<input type="checkbox"/>						
Mental	<input type="checkbox"/>						
Sensory	<input type="checkbox"/>						
Creative	<input type="checkbox"/>						
Emotional	<input type="checkbox"/>						
Social	<input type="checkbox"/>						
Spiritual	<input type="checkbox"/>						

MY REST RITUAL BLUEPRINT

Which 2 areas of rest will I focus on this month?

- 1.
- 2.

MY REST INTENTIONS:

Daily:

Weekly:

When overwhelmed:

