



RESTORATION ECOSYSTEM AUDIT™

*Evaluating the Environment Around
Your Restoration Journey*

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—♡—
*Restoration is not
the absence of
burdens.*

—♡—
*Restoration is
learning to carry
life's burdens in a
way that promotes
healing, growth,
and restoration.*

—♡—
*Your environment
either supports your
restoration or makes
it more difficult.*
—♡—



PURPOSE

Restoration does not happen in isolation.
The people, places, habits, routines, communities, and environments surrounding us can either support restoration or make it more difficult.
This audit helps you evaluate whether your current ecosystem is helping you carry life's burdens in a way that promotes healing, growth, and restoration.



INSTRUCTIONS

For each statement, select the response that best describes how true it has been for you over the past 30 days.

- 0

 = Rarely True
- 1

 = Sometimes True
- 2

 = Usually True
- 3

 = Consistently True

HOW SUPPORTIVE IS YOUR RESTORATION ECOSYSTEM?			RATING (CIRCLE ONE)	SUBTOTAL
1 RELATIONSHIPS & SUPPORT The people who walk with me and support my journey.	- I have people I can turn to when I need support. - I feel accepted and valued by important people in my life. - My closest relationships generally contribute to my well-being. - I have healthy boundaries in my relationships.	0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3	Subtotal: / 12	
2 PHYSICAL ENVIRONMENT The places and spaces where I live, work, and spend time.	- My living environment feels safe. - My surroundings support rest and restoration. - My environment helps me focus on what matters most. - I have spaces where I can reflect, recover, and recharge.	0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3	Subtotal: / 12	
3 DAILY RHYTHMS & HABITS The routines and habits that shape my days.	- My routines support my physical and emotional well-being. - I regularly make time for rest and recovery. - My schedule reflects my priorities. - I engage in habits that strengthen rather than deplete me.	0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3	Subtotal: / 12	
4 PURPOSE & COMMUNITY The connection and meaning that give my life direction.	- I feel connected to something larger than myself. - I participate in communities that support my growth. - My daily activities feel meaningful. - I have opportunities to contribute to others.	0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3	Subtotal: / 12	
5 RESTORATION RESOURCES The tools, support, and resources available to me.	- I know where to seek help when needed. - I have access to supportive resources. - I am willing to ask for support when necessary. - I actively use resources that promote restoration.	0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3	Subtotal: / 12	
TOTAL ECOSYSTEM SCORE	Add all five subtotals to get your total score.		/ 60	



You are not alone.
There is hope for a lighter load.



Restoration is possible.
You were never meant to carry it all by yourself.

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YOUR RESTORATION ECOSYSTEM PROFILE

A healthier ecosystem supports a healthier restoration.

STEP 1

CALCULATE YOUR SCORES

List your five category scores from Page 1.

RELATIONSHIPS & SUPPORT

_____ / 12

PHYSICAL ENVIRONMENT

_____ / 12

DAILY RHYTHMS & HABITS

_____ / 12

PURPOSE & COMMUNITY

_____ / 12

RESTORATION RESOURCES

_____ / 12

TOTAL ECOSYSTEM SCORE

_____ / 60

STEP 2

EVALUATE YOUR ECOSYSTEM

Your total ecosystem score helps you understand how supportive your environment is for your restoration journey.

0-20

RESTORATION BARRIERS

Your environment may contain significant obstacles that make restoration more difficult.

21-40

MIXED ECOSYSTEM

Some aspects of your environment support restoration, while others may need attention.

41-60

RESTORATION-SUPPORTIVE ECOSYSTEM

Many elements of your environment appear to support healing, growth, and restoration.

Your environment matters.

Small changes can create big shifts in restoration.

STEP 3

IDENTIFY YOUR STRONGEST SUPPORT

Which category scored the highest?

My strongest source of support:

REFLECTION

How can I continue strengthening this area?

STEP 4

IDENTIFY YOUR GREATEST OPPORTUNITY

Which category scored the lowest?

My greatest opportunity for growth:

REFLECTION

What small change could improve this area?

STEP 5

MY NEXT ECOSYSTEM ADJUSTMENT

One change I will make to create a more restoration-supportive environment:



Remember:

Restoration is not only about what you carry.

It is also about the environment in which you carry it.

Healthy ecosystems support healthy restoration.

You have the power to shape your environment. Small, intentional adjustments can open the door to greater peace, purpose, and lasting restoration.

With you on the journey,

Dr. Shannon Imhof-Clark

Founder, Restoration Psychology®

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