



BACKPACK OF LIFE™ AUDIT

*A Self-Assessment to Identify
What You Are Carrying*

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*Life was never meant
to be lived without
burdens.*



*The goal of restoration
is not to eliminate
every burden.*



*The goal is to learn
how to carry them in a
way that **no longer**
crushes you.*



PURPOSE

Your Backpack of Life™ holds everything you carry—seen and unseen. This audit helps you identify the burdens, demands, and weights occupying the most space in your backpack right now.

Awareness is the first step toward 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 HEAVY DOES THIS FEEL IN YOUR BACKPACK RIGHT NOW?		RATING (CIRCLE ONE)				SUBTOTAL
 EMOTIONAL BURDENS Feelings and experiences that weigh on your heart and mind.	- I am carrying grief, loss, or unresolved sadness. - I feel overwhelmed by stress or anxiety. - I carry guilt, shame, or regrets from the past. - I feel emotionally drained more often than not.	☐ 0	☐ 1	☐ 2	☐ 3	____ / 12
		☐ 0	☐ 1	☐ 2	☐ 3	
		☐ 0	☐ 1	☐ 2	☐ 3	
		☐ 0	☐ 1	☐ 2	☐ 3	
 RESPONSIBILITIES & DEMANDS Obligations and roles that consume your time, energy, or attention.	- I feel stretched too thin by the demands on me. - I carry more responsibility than I can handle. - I struggle to say no when asked for help. - I feel pressure to meet others' expectations.	☐ 0	☐ 1	☐ 2	☐ 3	____ / 12
		☐ 0	☐ 1	☐ 2	☐ 3	
		☐ 0	☐ 1	☐ 2	☐ 3	
		☐ 0	☐ 1	☐ 2	☐ 3	
 RELATIONSHIPS Connections that bring joy, strain, or unresolved conflict.	- I am carrying relational conflict or tension. - I feel hurt, betrayed, or let down by someone. - I struggle with setting or maintaining boundaries. - I feel alone or unsupported in my relationships.	☐ 0	☐ 1	☐ 2	☐ 3	____ / 12
		☐ 0	☐ 1	☐ 2	☐ 3	
		☐ 0	☐ 1	☐ 2	☐ 3	
		☐ 0	☐ 1	☐ 2	☐ 3	
 LIFE TRANSITIONS & CHANGE Seasons of change, loss, or uncertainty you are trying to navigate.	- I am adjusting to a major life change. - I feel uncertain about the future. - I am carrying fear about what lies ahead. - I feel stuck or unsure of my next steps.	☐ 0	☐ 1	☐ 2	☐ 3	____ / 12
		☐ 0	☐ 1	☐ 2	☐ 3	
		☐ 0	☐ 1	☐ 2	☐ 3	
		☐ 0	☐ 1	☐ 2	☐ 3	
 PHYSICAL & SPIRITUAL WEIGHT Physical, mental, or spiritual burdens that affect your well-being and peace.	- My body feels tired or run down. - I struggle to rest or take care of myself. - I feel spiritually disconnected or discouraged. - I neglect my own needs to care for others.	☐ 0	☐ 1	☐ 2	☐ 3	____ / 12
		☐ 0	☐ 1	☐ 2	☐ 3	
		☐ 0	☐ 1	☐ 2	☐ 3	
		☐ 0	☐ 1	☐ 2	☐ 3	
 TOTAL WEIGHT IN YOUR BACKPACK	Add up 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 BACKPACK PROFILE

From Awareness to Action. From Burden to Restoration.



STEP 1 CALCULATE YOUR TOTAL SCORE

	EMOTIONAL BURDENS	_____ / 12
	RESPONSIBILITIES & DEMANDS	_____ / 12
	RELATIONSHIPS	_____ / 12
	LIFE TRANSITIONS & CHANGE	_____ / 12
	PHYSICAL & SPIRITUAL WEIGHT	_____ / 12
TOTAL WEIGHT IN YOUR BACKPACK		_____ / 60

STEP 2 WHAT DOES YOUR SCORE TELL YOU?

Review your total score to understand how heavy your backpack feels right now.

0 – 20

LIGHT LOAD
Your backpack feels relatively manageable. Continue practicing restoration habits to stay balanced.

21 – 40

MODERATE LOAD
Your backpack is getting heavy. Some areas may be weighing on you more than others. It's time to pay attention and take action.

41 – 60

HEAVY LOAD
Your backpack feels very heavy. You may be carrying more than you should have to carry alone. Restoration and support are essential right now.



GENTLE REMINDER

You are not meant to carry everything, and you don't have to carry it alone.

Restoration is possible.

STEP 3 YOUR TOP AREAS TO FOCUS ON

Circle the 1–2 areas where you scored the highest. These are the burdens that may need your attention first.

	EMOTIONAL BURDENS	_____ / 12
	RESPONSIBILITIES & DEMANDS	_____ / 12
	RELATIONSHIPS	_____ / 12
	LIFE TRANSITIONS & CHANGE	_____ / 12
	PHYSICAL & SPIRITUAL WEIGHT	_____ / 12

STEP 4 WHAT AM I CARRYING?

List some of the specific burdens, demands, or weights you are carrying right now.

- _____
- _____
- _____
- _____
- _____
- _____



STEP 5 WHAT DO I NEED MOST RIGHT NOW?

What would bring the most relief, support, or restoration to your life today?

- _____
- _____
- _____
- _____
- _____

STEP 6 MY NEXT STEP TOWARD LIGHTER LOADS

One action I will take this week to lighten my load or move toward restoration is:



Small steps lead to meaningful change. You don't have to empty your backpack all at once. Just begin.



Remember:

You are not your burdens.
You are becoming who you were created to be.



Restoration is learning to carry life's burdens in a way that *no longer crushes you.*

With you on the journey,

Dr. Shannon Imhof-Clark

Founder, Restoration Psychology®
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