



BACKPACK OF LIFE™ AUDIT

A Load Inventory Based on Restoration Psychology®

RESTORATION PSYCHOLOGY INSTITUTE™ STANDARD EDITION

Audit Overview

PURPOSE

Helps you recognize the loads you are currently carrying and understand how they may be influencing your life during this season. This audit deepens awareness and provides a foundation for intentional restoration.

INTENDED USE

Designed for education, coaching, leadership development, ministry, organizational use, and personal reflection. This audit is educational and self-reflective and is not intended to diagnose, treat, or replace professional healthcare.

ADMINISTRATION

Estimated Time: Approximately 8 minutes
Time Frame: Respond based on your current season of life. Rate the weight each load adds to your Backpack of Life™ today.

LOAD RATING SCALE

0 = Not Currently Carrying
1 = Carrying Lightly
2 = Moderately Heavy
3 = Very Heavy
4 = Overwhelming

BEFORE YOU BEGIN

We all carry loads through life. Some loads are difficult, others are meaningful, and many are both. Responsibilities, relationships, health, life transitions, personal goals, and unexpected circumstances can all become loads during different seasons of life.

As you complete this audit, consider each load individually and indicate how heavy it feels for you today. You are rating how much weight or emotional demand each area currently adds to your Backpack of Life™, whether the area feels difficult, meaningful, or both. Some of life's greatest blessings can also become some of life's heaviest loads during certain seasons.

Every person's Backpack of Life™ is unique. You will likely encounter many loads that do not apply to your life, and it is completely normal to select Not Currently Carrying for numerous items. The purpose of this audit is to help you recognize what you are carrying and understand how much weight it may be adding to your Backpack of Life™.

Your responses provide a snapshot of what you are carrying today and provide a foundation for meaningful reflection and intentional restoration.

KEEP IN MIND

- There are no right or wrong answers.
- Respond based on your current season of life.
- Rate the weight each load adds to your Backpack of Life™, not whether it is good or bad.
- Many loads may not apply to you.
- For positively worded items, rate the weight or concern connected with that area, not how much you value it.
- Answer honestly to create the most meaningful Backpack Profile™.

"What we carry influences how we walk through life. Recognition is the first step toward restoration."

— Restoration Psychology Institute™



Responsibilities & Daily Demands Pocket™

Includes the responsibilities, obligations, and practical demands of daily life that require your time, energy, attention, and effort.

Feeling like I have more responsibilities than I can manage.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
Keeping up with the demands of daily life.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
Managing the mental load of daily responsibilities.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
Balancing multiple responsibilities.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
Having little time for rest or myself.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
Household responsibilities.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
Parenting responsibilities.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
Caregiving responsibilities.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
Work or career responsibilities.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
School or educational responsibilities.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
Financial responsibilities.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
Leadership responsibilities.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
Community or volunteer responsibilities.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
Supporting people who depend on me.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
Coordinating people, schedules, or responsibilities.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
Adapting to changing responsibilities or demands.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
Feeling responsible for the well-being of others.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
Balancing the different roles I carry.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4



Relationships Pocket™

Includes the relationships and interpersonal experiences that may contribute to the weight you are carrying.

Relationship conflict.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
Communication within my relationships.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
Trust in my relationships.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
Healthy boundaries in my relationships.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
Feeling supported by others.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
Loneliness or social isolation.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
Family relationships.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
Romantic relationships.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
Friendships.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
Workplace or professional relationships.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
Feeling connected to my community.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
Relationship changes or transitions.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
Supporting the people who depend on me.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
Managing the expectations of others.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
Feeling accepted and like I belong.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
Forgiveness in my relationships.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
Loss of an important relationship.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
Rebuilding or strengthening important relationships.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4



Physical Health Pocket™

Includes the physical aspects of your health and well-being that may contribute to the weight you are carrying.

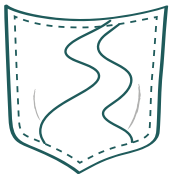
Concerns about my physical health.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Physical pain or discomfort.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
An ongoing health condition.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Physical fatigue or low energy.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Sleep difficulties.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Changes in my physical health.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Changes in my physical abilities.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
The physical demands I experience each day.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Caring for my physical health.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Managing medical care or treatment.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Adjusting my daily life because of my physical health.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Recovering from illness, injury, or a medical procedure.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
My body's ability to do the things I need or want to do.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Accessing the healthcare I need.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Body image or appearance concerns.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4



Thoughts & Emotional Well-Being Pocket™

Includes the thoughts, emotions, and internal experiences that may contribute to the weight you are carrying.

Difficult emotions.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Feeling emotionally overwhelmed.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Emotional exhaustion.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Feeling emotionally reactive.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Feeling emotionally numb or disconnected.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Feeling emotionally alone.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Worry or anxious thoughts.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Overthinking.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Self-critical thoughts.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Negative thoughts.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Mental stress.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Difficulty focusing or concentrating.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Mental fatigue.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Managing my emotional responses.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4



Life Experiences & Transitions Pocket™

Includes significant life experiences and transitions that may continue to influence the weight you are carrying today.

Major changes in my life.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Changes in my living situation.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Major changes in my work or education.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Beginning a new chapter in life.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Unexpected life events.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Difficult life experiences.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Major disappointments or setbacks.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Experiencing significant loss.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Letting go of an important part of my life.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Adjusting to life changes.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Living with uncertainty about the future.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Life unfolding differently than I expected.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4



Identity, Meaning & Purpose Pocket™

Includes the ways your sense of identity, meaning, purpose, values, and beliefs may contribute to the weight you are carrying.

Confidence in who I am.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Accepting myself.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Expectations I have of myself.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Living according to my values.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
My beliefs about myself.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
My sense of purpose.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Who I am becoming.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Finding meaning in my experiences.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Making sense of difficult experiences.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Unanswered questions about my life.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
My faith or spiritual life.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
The legacy I hope to leave behind.	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

Audit Complete

YOU’VE COMPLETED THE BACKPACK OF LIFE™ AUDIT.

Your responses provide a snapshot of what you are currently carrying and where the greatest weight may be concentrated across your Backpack Pockets™ during your current season of life. This snapshot may change as your responsibilities, relationships, health, and circumstances evolve.

Continue to the next page to calculate your Backpack Pocket™ Loads and explore Your Backpack Profile™.

Scoring Your Audit

CALCULATE YOUR BACKPACK POCKET™ LOADS

Begin by adding together the ratings for each Backpack Pocket™ to determine your Backpack Pocket™ Load. Together, these results provide a snapshot of how the weight you are carrying is currently distributed across your Backpack of Life™ during your current season of life.

SCORING INSTRUCTIONS

1. Add together the ratings for all items within each **Backpack Pocket™** to calculate your **Backpack Pocket™ Load**.
2. Use the formula shown in the **Formula** column to calculate your **Backpack Pocket™ Load (%)**. Round to the nearest whole number.
3. Record each **Backpack Pocket™ Load (%)** in the scoring table.
4. Use the formula shown at the bottom of the table to calculate your **Overall Backpack Load (%)**.
5. Transfer your results to **Your Backpack Profile™** on the next page.

Backpack Pocket™	Total Load	Formula	Backpack Pocket Load (%)
Responsibilities & Daily Demands		$\text{Load} \div 72 \times 100$	
Relationships		$\text{Load} \div 72 \times 100$	
Physical Health		$\text{Load} \div 60 \times 100$	
Thoughts & Emotional Well-Being		$\text{Load} \div 56 \times 100$	
Life Experiences & Transitions		$\text{Load} \div 48 \times 100$	
Identity, Meaning & Purpose		$\text{Load} \div 48 \times 100$	
			Total Load $\div 356 \times 100$
			Overall Backpack Load (%)

Your Backpack Profile™ provides a fuller understanding of what you are carrying.
Continue to the next page to explore your results.

YOUR BACKPACK PROFILE™

A snapshot of what you are currently carrying across your six Backpack Pockets™.

Transfer your results from the previous page to complete Your Backpack Profile™. As you review your Backpack Pocket™ Loads, notice which Backpack Pockets™ are carrying the greatest weight during your current season of life. No single Backpack Pocket™ tells your whole story. Your complete profile provides a snapshot of how the weight you are carrying is currently distributed across your Backpack of Life™.

Overall Backpack Load: _____ %

Overall Backpack Load (%)	Understanding Your Overall Backpack Load
0–19%	Your Backpack of Life™ is relatively light during your current season of life. While every life includes responsibilities and challenges, your overall load appears manageable at this time.
20–39%	You are carrying a noticeable amount of weight across one or more Backpack Pockets™. While your overall Backpack of Life™ remains manageable, some areas may benefit from additional attention or support.
40–59%	Your Backpack of Life™ is carrying a moderate load during this season of life. Several Backpack Pockets™ may require ongoing energy, time, or emotional resources to manage well.
60–79%	Your Backpack of Life™ is carrying a heavy load. One or more Backpack Pockets™ may be placing substantial demands on your physical, emotional, relational, or practical resources.
80–100%	Your Backpack of Life™ is carrying a very heavy load during your current season of life. While many of these loads may reflect meaningful responsibilities or important life experiences, the overall weight you are carrying may require intentional support, restoration, and care.

CONTINUING YOUR RESTORATION JOURNEY

Your Backpack Profile™ is a snapshot of what you are carrying during your current season of life. Use these results as a starting point for reflection and to identify where intentional restoration may help reduce the weight you are carrying.

Recognition is the first step toward restoration.

As you continue moving forward, use the RESTORE™ Practical Framework to begin putting your insights into action and the Restoration Guidebook™ to explore the restoration journey more deeply.