

# Sunday Night Audit Tool

## My Wellbeing |

- 1 - Print me out and sit me somewhere as a prompt to pause and reflect each week
- 2 - Take some long slow breaths as you check in with how each of your 'wellbeing tanks' are feeling
- 3 - Mark in pencil (or laminate me and use whiteboard marker) to visually signify how full each tank feels
- 4 - Note down what you have identified you most want to give priority to this week
- 5 - Repeat. Repeat. Repeat.....and enjoy an ever-increasing capacity to parent more in the way you intend to through actually operating from a fueled state



**Nutrition**

**Hydration**

**Sleep**

**Movement**

**Connection**

**Play**

**Environment**

My key priority area across the next week is:

One good habit I am going to focus on building-in is:

Someone who I am going to ask for support from is: