

Self-Care Cup

Signs that I am exhausted or overwhelmed (empty cup)

- #1 -
- #2 -
- #3 -
- #4 -
- #5 -

People who
help me

Places that
calm me

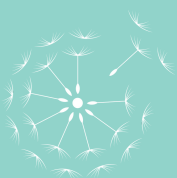


Things that empty my cup

- #1 -
- #2 -
- #3 -
- #4 -
- #5 -

Activities that boost my mood

- #1 -
- #2 -
- #3 -
- #4 -
- #5 -



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