

# fill your cup

build &  
maintain friendships

practice  
your boundaries



get  
uninterrupted  
rest

cultivate  
a hobby

get some  
movement daily

eat nutritious  
meals

## Support & Friendships

- Made plans for coffee for the weekend

## Daily Movement

- Went for a walk after dinner

## Nutritious Meals

- Tried a new sandwich recipe for breakfast

## Nourishing Hobbies

- Joined a silent reading club

## Rest & Reflection

- Enjoyed a warm shower and took a nap

## Practice Boundaries

- Put phone on airplane mode at 10 pm

Support &  
Friendships

Daily Movement

Nutritious Meals

Nourishing Hobbies

Rest & Reflection

Practice Boundaries

