



AWARENESS

Fill Your Cup

When was the last time you intentionally did something just to take care of you?

Think of your energy, time and attention like a cup. Every day, life takes something from it. Work, responsibilities, relationships, commitments and simply keeping up with everyday life.

But we also get to choose to put something back in.

The things you do that help you feel rested, energized, connected or simply more like yourself are ways of filling your cup. Taking care of your own well-being doesn't mean choosing yourself instead of others. There can be room for both.

THE RESEARCH

Research suggests that caring for yourself and caring for others can work together. Self-compassion has been associated with greater well-being and lower burnout.

Source: Gerber, Z. & Anaki, D. (2021). The Role of Self-compassion, Concern for Others, and Basic Psychological Needs in the Reduction of Caregiving Burnout. *Mindfulness*, 12, 741–750.

REFLECTION EXERCISE

Take five minutes. Write whatever comes.

What I Give to Others

The people, places and causes you show up for, and what it takes from you.

What I Give to Myself

Rest, movement, time, attention, anything you do on purpose for your own well-being.

WHAT DO YOU NOTICE?

Look at both columns. **What do you notice about where your time, energy and attention go?** Do the two sides feel right for the life you want to live?



PRACTICE

7 Days to Fill Your Cup

Each day, do one thing intentionally for yourself. Then fill in one section of the cup, starting at the bottom. By Day 7 the cup is full. Choose from the ideas or create your own.



FILL ONE SECTION A DAY, FROM THE BOTTOM UP

INSPIRATION

Ten ways to give to yourself

- 01 Go to bed an hour earlier
- 02 Move your body in a way you enjoy
- 03 Eat a meal slowly, without your phone
- 04 Spend twenty minutes outside
- 05 Say no to one thing you don't have room for
- 06 Do something creative with no purpose
- 07 Call someone who makes you feel good
- 08 Take a real break midday
- 09 Write down three things you did well
- 10 Give yourself an hour that's yours alone

Or choose your own. You know what fills you.

AFTER SEVEN DAYS

How did giving to yourself make you feel?

Did it change what you had available to give to others?

What is one way you'll keep yourself on your giving list?

Filling your cup isn't about choosing yourself instead of others. It's about choosing yourself too.