Fill Your Cup...

Affirmation:

Selfcare is NOT selfish. I am worthy of selfcare, and it's important so that I can become the best version of myself.

Prompts:

- When do I feel at my best?
- What drains my energy?
- What activities do I enjoy doing that will help fill my cup?

- What are 10 things that make me happy?
- What are three things that I love about myself?



