






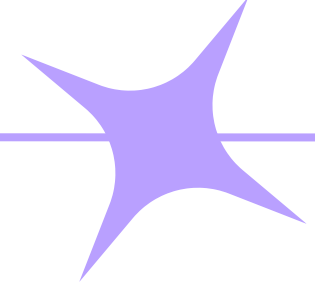
Learning to Say No

Practice saying no to something that feels too heavy or draining today. Protecting your limits is not selfishness – it is care for your boundaries.





Sub



Doing What You Enjoy

Take 10 minutes today to do something you truly enjoy. It could be listening to your favorite song, drawing, cooking, dancing, or simply sitting in the sun. Notice how it makes you feel.








Fill Your Bucket

Imagine your energy as a bucket. Today, choose one small action that “fills” it — a glass of water, a stretch, a laugh with a friend, or 5 minutes of rest. Notice how it feels fuller.







Create Your Safe Space

Find or create a cozy corner just for you – add a pillow, blanket, or anything that makes you feel comfortable. Sit there for a few minutes, breathe, and allow yourself to simply rest.

