

# Self-Care & Well-Being Reflection

*Explore. Reflect. Reconnect.*

## 1. What actually counts as self-care for you?

Think beyond the usual. What are the little ways you remind yourself: 'I matter'?

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## 2. What signs show up in your life when you're running low and need to care for yourself?

Pay attention to your emotions, body, or behavior. What are your personal cues?

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## 3. What's one small, kind thing you can do for yourself today?

It could take 30 seconds or 5 minutes-what fills your cup right now?

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## 4. Do you ever feel guilty taking time for yourself?

What does that guilt sound like-and what truth could you replace it with?

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## 5. What are some ways you can weave self-care into your daily routine?

Think about the moments that already exist. How can you bring presence or peace into them?

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