

# Check Your Battery

How are you currently feeling?

**Feeling great!**

Keep meeting your needs and practicing self-care.

**Feeling okay.**

How can you make your day a tiny bit better?

**Struggling.**

Practice triage. What area of your life is suffering the most right now? Focus on that one area today.

**Feeling good!**

How can you maintain the levels you're currently at?

**Meh.**

How can you love on your -self today? Be extra kind to yourself.

**I'm empty.**

Pinpoint what's draining you and try to create a boundary & then do one thing that fills you up.

BlessingManifesting



**CELEBRATING THE STORIES**  
**THAT STRENGTHEN AND CONNECT US**