

MINDFULNESS CHALLENGE, *What's Fills Your Cup?*

PHYSICAL



EMOTIONAL



MENTAL



MINDFULNESS CHALLENGE, *What's Fills Your Cup?*



What benefits can I achieve from doing this self-care daily?

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How will I feel if I don't take this time for myself?

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What has kept me from practicing this before?

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*You are a beautiful warrior; you deserve to replenish your soul as often as possible.*