

Self Check-in

Is my cup full?



A simple self-check for balance, energy, and well-being
How full is my cup right now?

This isn't just a cliché—it's a powerful and practical check-in. When your cup is full, you feel more grounded, present, and resilient. When it's running low, everything can feel heavier, more effortful, less clear, and irritating.

Taking a moment to pause and notice where you are can shift the course of your day.

A Self Check-In

Here's a simple way to tune in. There's no right or wrong—just honest awareness:

- My body** – Have I moved or rested in a way that's vitalizing?
- My breath** – Have I taken even a few deep, steady breaths today?
- My mind** – Have I given myself space, or just kept filling it?
- My emotions** – Have I acknowledged what's really there?
- Connection** – Have I been around people or places that feel supportive?
- Joy** – Have I done anything just because I wanted to?
- Stillness** – Have I allowed myself a moment to just be?

Why This Matters

These small moments of awareness help you reconnect with yourself before depletion sets in. They bring you out of autopilot and into choice.

You may notice:

- A need for rest instead of pushing through
- A desire for quiet instead of more input
- A longing for connection, or perhaps space

Each awareness is an invitation—not a judgment.

What can you do today to top up your cup?