

What are 3 small victories from Q3?

(e.g., set a boundary, finished a course, stayed consistent with walks)

Victory 1

Started daily meditation practice

Victory 2

Completed professional certification

Victory 3

Maintained 3 weekly workouts

Step 2: Energy Audit (10 mins)

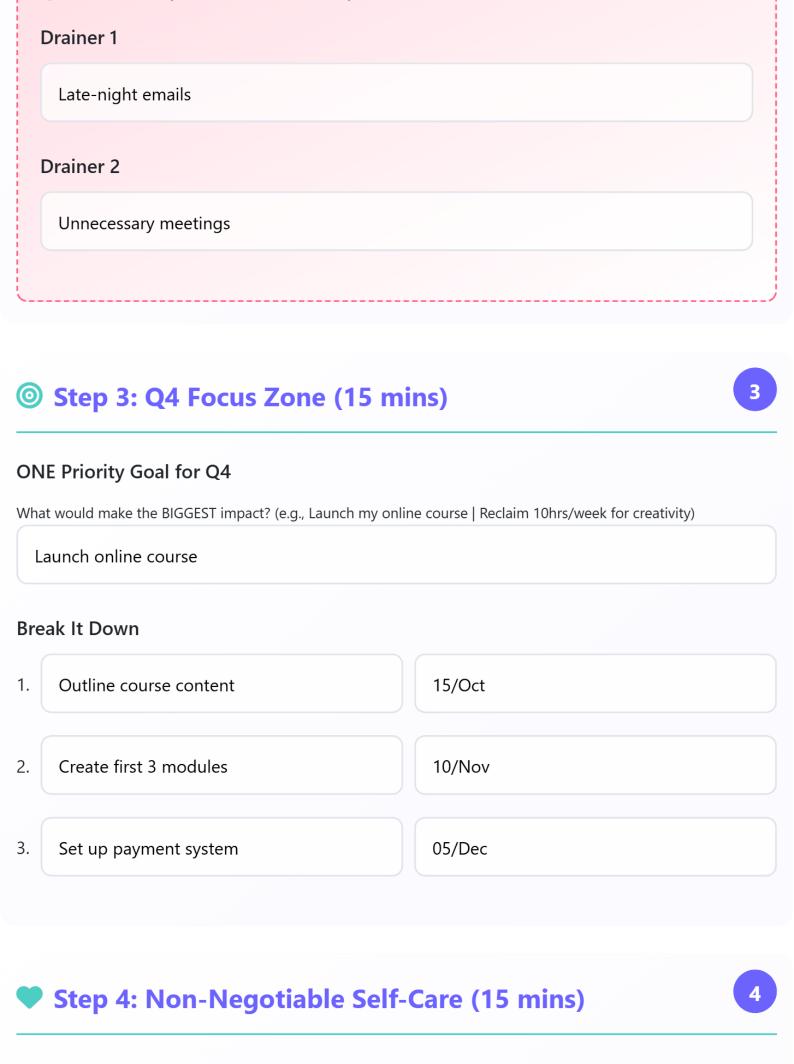
★ ENERGIZERS (Keep doing!)

Energizer 1

Morning journaling

Energizer 2

Weekly nature walks



Physical/Mental Care

7 hours of sleep every night 10-minute morning stretch routine

Emotional/Social Care

(e.g., Friday screen-free nights, monthly friend call)

Friday screen-free evenings Monthly call with best friend



Finish this sentence:

using on launching my online course and protecting my energy thro

"Self-care is not selfish. You cannot serve from an empty vessel." - Eleanor Brown

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