

Self-Care

Sustainable Growth

→ 1. ←

What does genuine rest look like for me when I remove guilt from the equation?

→ 2. ←

Which part of my life is demanding more energy from me than I can sustainably give?

→ 3. ←

What signs tell me that I need to slow down before I become completely drained?

→ 4. ←

Which self-care practice actually helps me recover rather than simply distracting me?

→ 5. ←

Where am I treating exhaustion as something to be proud of?

→ 6. ←

What boundary would protect my time, energy, or attention right now?

→ 7. ←

How can I make my growth goals fit my real life instead of imaginary perfect routine?

→ 8. ←

What would taking care of myself look like on a difficult day?

