

Fill YOUR Cup

Day	What did you do!
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	

When you need to fill your cup what do you do?

Everyday spend an additional 15 minutes doing something that you love,
that brings you back to you.

This could be doodling on a piece of paper, looking up inspirational quotes,
exercising, meditating, or going for a walk.

Whatever you choose to do just make it something that takes you out of your
daily routine.

The idea is to mix it up and fill your cup and fuel your soul!