



# Re-fill your cup

It is time to refill your energy cup to help you through as the end of the year approaches!

Every day during the month, including the weekends, do these 3 simple things:

- 1 When you first go into the bathroom in the morning, look in the mirror and say one nice thing about yourself. It doesn't have to be about how you look. Just one good thing about you as a person. We subconsciously focus on our flaws which is unhelpful. We need to reprogram our brains to look for the good in us and the world around us.
- 2 Play music in the morning as you are getting ready for your day or on your way to work which helps you feel happy and calm.
- 3 Eat at least one of your meals each day without checking your phone or other distractions. Just enjoying being there and see how it feels.

WEEK 1	M	T	W	T	F	S	S
One nice thing	✓						
Music in morning							
Distraction free meal							

WEEK 2	M	T	W	T	F	S	S
One nice thing	✓						
Music in morning							
Distraction free meal							

WEEK 3	M	T	W	T	F	S	S
One nice thing	✓						
Music in morning							
Distraction free meal							

WEEK 4	M	T	W	T	F	S	S
One nice thing	✓						
Music in morning							
Distraction free meal							

To refill my cup this month I commit to \_\_\_\_\_  
 \_\_\_\_\_

Time/location \_\_\_\_\_