

HOW SUPPORTED DO YOU FEEL?

Take a moment to check in with yourself. There are no right or wrong answers – this is a safe space to notice how supported, nourished, and cared for you feel in your life right now. Living your best life goes hand in hand with feeling your best self.

1. How does your body feel most days – energised, tired, tense, or somewhere in between?

2. What currently helps you feel steadier, calmer or more like yourself?

3. If you could offer yourself one small act of care this week, what might it be?