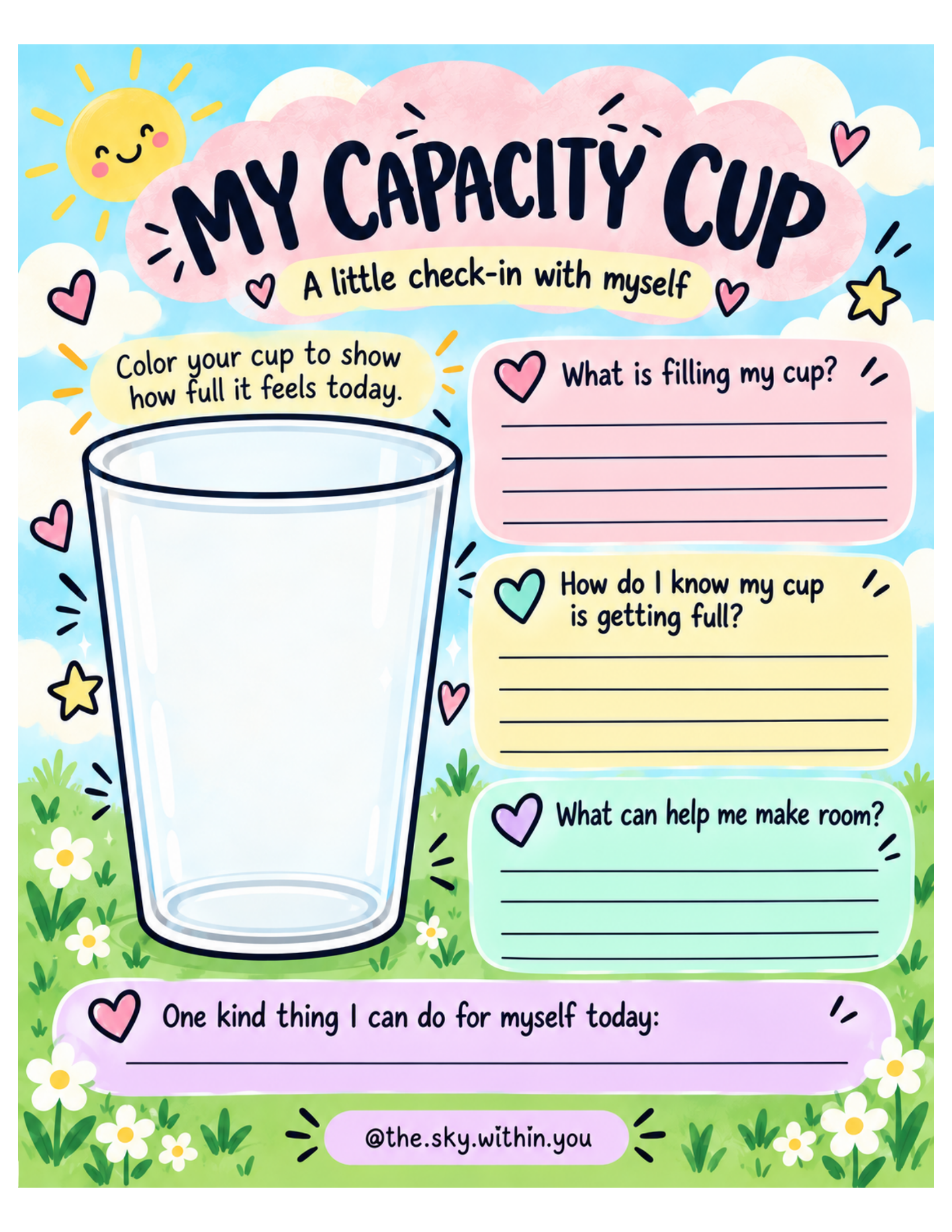




MY CAPACITY CUP

A little check-in with myself

Color your cup to show how full it feels today.



What is filling my cup?



How do I know my cup is getting full?



What can help me make room?



One kind thing I can do for myself today:

@the.sky.within.you