

THINGS THAT FILL MY CUP

A Personal Joy & Restoration Inventory

When life becomes busy, stressful, or overwhelming, we often stop doing the very things that help us feel grounded, energized, and connected.

Use this page to create your own personal menu of activities that restore your energy, bring you joy, or help you feel more like yourself.

There are no right or wrong answers.

Activities That Help Me Relax

Examples:

Reading, gardening, puzzles, knitting, meditation, prayer, baths, listening to music

My List:

Activities That Make Me Feel Happy

Examples:

Cooking, baking, crafting, spending time with grandchildren, photography, traveling

My List:

Activities That Help Me Feel Connected

Examples:

Coffee with a friend, family gatherings, phone calls, volunteering, support groups

My List:

Things That Fill My Cup (continued)

Activities That Help Me Feel Strong or Accomplished

Examples:

Walking, exercise, learning something new, completing projects, organizing spaces

My List:

Activities That Bring Me Peace

Examples:

Nature walks, prayer, meditation, sitting by the water, quiet mornings

My List:

Activities I Have Stopped Doing But Miss

If I Have Only 10 Minutes

What activities could I choose?

Things That Fill My Cup (continued)

If I Have One Hour

What activities could I choose?

This Week's Commitment

One activity I will intentionally make time for this week:

Date:

Remember

Joy is not a luxury.

Moments of enjoyment, connection, creativity, and rest help regulate the nervous system and build resilience.

You do not have to wait until life is less stressful to make room for the things that fill your cup.