A Little Room for You

A short guide for noticing what takes your energy and what restores it

You belong in your own life, too.

When life is full, it can be easy to notice everyone else's needs before your own. This guide offers a quiet opportunity to take stock. You do not need to overhaul your schedule or make a big decision. Start with what you notice.

HOW TO USE THIS GUIDE

Take ten to fifteen minutes, or complete one page at a time. Write freely. Skip any prompt that does not fit. Your answers are for you, and they may change from day to day.

A starting question

Where do I have room to breathe right now?

Notice the Patterns

1 What has been asking the most of me lately?

Think about roles, obligations, expectations, and the small things that add up.

2 Which parts feel meaningful? Which parts feel draining?

3 What helps me feel more like myself?

People, places, activities, routines, silence, play, creativity, or rest.

Permission to be honest

Something can matter to you and still be tiring. You can care deeply and still need space.

Make a Little Room

1 Something I could simplify, postpone, or ask for help with:

2 A boundary or request I may want to practice:

Try: "I can help on Friday, but not today." Or write your own words.

3 One small way to make room for myself this week:

My next step

I will _____

On or around _____

You are allowed to make room for yourself.