

A FULL CUP LIFE



The Full Cup Reset

A gentle daily planner & journal
for mind, body & balance

- Reduce overwhelm
- Build gentle routines
- Reconnect with yourself

Daily Reset

1. Check-In

How am I feeling today?
(Emotionally + physically)

2. Energy Level

Circle or mark:

Low ○ ○ ○ ○ ○ High

3. Intention for Today

What do I need most today?

4. Nourishment

How will I support my body today?

- Water
- Food
- Rest

5. Gentle Movement

How will I move my body today?

Examples (optional):

- Walk
 - Stretch
 - Yoga
 - Rest
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6. Mental & Emotional Care

One small way I will care for my mind:

Examples (optional):

- Breathing
 - Journaling
 - Quiet time
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7. Reflection (End of Day)

What went well today?

What do I need tomorrow?
