



# Self-Care Without Guilt

YOU CAN'T POUR FROM AN EMPTY CUP

## What *Fills* Your Cup?



### Rest.

Sleep, Sabbath, stillness



### Prayer.

Connection with God, grounding your spirit



### Nourishment.

Eating well, drinking water, feeding your soul



### Movement.

Walking, stretching, caring for your body



### Quiet Time.

Reflection, journaling, solitude

## What *Overflows* From a Full Cup?



### Patience.

With kids, coworkers, strangers



### Joy.

In little moments and daily tasks



### Energy.

For what matters most



### Clarity.

In decision-making



### Love.

Freely given when you're not on empty

## The Cost of Running Dry



### Stress.

Everything feels heavier



### Exhaustion.

Mind, body and spirit drained



### Resentment.

Even toward things you care about

## Flip The Script

“Above all else, guard your heart, for everything you do flows from it.”

Proverbs 4:23 (NIV)

Caring for yourself is not selfish—it's sacred. When you invest in your own well-being, everyone around you benefits.

