

🌸 Be the Woman Who Uplifts 🌸

Creating the kind of support you want to receive

Reflection Worksheet

🌷 1. How do you currently show up as a source of encouragement in the lives of others?

Write about the ways you offer support, listen, or cheer someone on — even in small, everyday moments.

🌟 2. What kind of support do *you* need more of in your life right now?

Get honest — do you crave more emotional encouragement, creative inspiration, someone to check in on you?

💖 3. Who in your life could use a little extra affirmation today?

Think about one woman you could lift up with a kind word, a note, or a heartfelt “I see you.”

🌻 4. What does mutual support look like to you — and how can you create more of it?

This is about showing up *and* being open to receiving. Write a few ideas that feel true to you.

🌀 Affirmation:

“I rise by lifting others. The kindness I give is a reflection of the strength I carry.” 🌺💖