

Worksheet: Keeping Your Light Bright

Radiance - Week 1: 7-6-26

Purpose:

To help you recognize what fills your cup, what drains your energy, and how you can care for yourself without guilt.

1. Check Your Energy

On a scale of **1–10**, how full does your "cup" feel today?

1 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ **10**

2. What Brightens Your Light?

List five simple things that help you feel refreshed, peaceful, or energized.

- 1.
- 2.
- 3.
- 4.
- 5.

3. What's Draining Your Energy?

What are three things that leave you feeling exhausted or emotionally depleted?

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4. My Self-Care Promise

This week, I will intentionally make time for:

- | | |
|---|--|
| ☐ Rest | ☐ Time with friends |
| ☐ Time outside | ☐ Movement |
| ☐ Reading | ☐ Quiet time |
| ☐ Prayer or reflection | ☐ Creativity |
| ☐ Other: _____ | |