BUILDING YOUR RESERVOIR

A reflective worksheet | Your sources of strength, support, and restoration

Imagine your emotional capacity as a reservoir.

Some experiences replenish your supply. Others draw from it. Knowing both can help you recognize your needs and make room for support - without judging yourself.

01 What fills my reservoir?

People, places, activities, values, routines, or moments that help me feel restored.

02 Who or what is part of my supply?

Supportive relationships, professional resources, community, faith, nature, or skills.

03 What drains my reservoir?

Demands, uncertainty, conflict, stressors, or environments that leave me depleted.

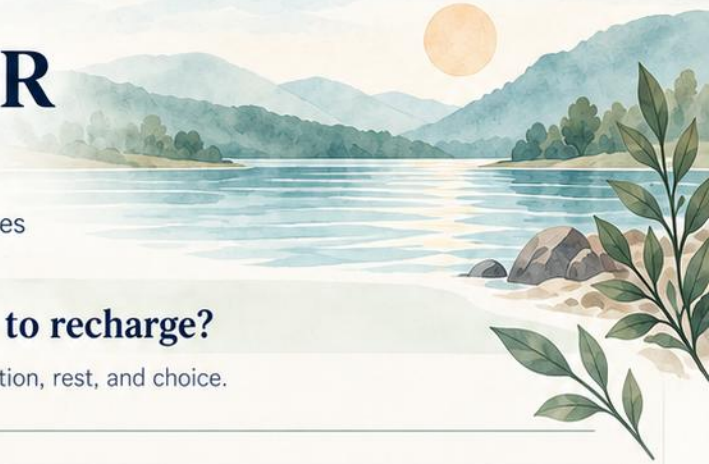
04 How do I know my supply is getting low?

Notice body cues, emotions, thoughts, sleep, or changes in behavior.

Gentle reminder: Needing support is human, not a failure.

BUILDING YOUR RESERVOIR

Turning awareness into small, sustainable choices



05 What helps me feel safe enough to recharge?

Think about boundaries, predictability, co-regulation, rest, and choice.

06 What supplies can I access today?

List small, realistic options - including what is free or already available.

07 What support might I need to ask for?

Name one need and someone or somewhere that might help meet it.

MY RESERVOIR REFILL PLAN

One small action I choose in the next 24 hours:

One boundary or adjustment that could protect my supply:

Check in with yourself (circle one):

My reservoir feels: Low Somewhat low Steady Full Unsure

What would be a compassionate response to where I am right now?

There is no right amount to share. Skip any question that does not feel helpful.