

Protecting Your Sparkle ■

1. What makes me feel sparkly?

List 5 small moments, sensations, or activities that refill your joy.

1. _____
2. _____
3. _____
4. _____
5. _____

2. What is stealing my sparkle lately?

Think habits, pressures, people, environments.

- _____
- _____
- _____

3. My Glitter Shields (aka Boundaries)

One boundary I will lovingly honor this week:

→ _____

4. Micro-Joy Menu

Write 3 things you can reach for when energy is low:

- _____
- _____
- _____

5. A Sparkle Commitment

Finish this sentence:

“This week, I will choose joy by...”

→ _____