

## *“Reflection Worksheet”*

# **Peace by Piece: Micro-Wellness Toolkit**

### **“Building the Skill: Supporting Energy Recovery”**

*Use 3x this week*

#### **1. Catch the Signal**

How does depletion show up first? (heavy body, foggy mind, irritability, emotional flatness)

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What was happening right before you noticed it?

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#### **2. Name Without Shame**

“My system is depleted.”

Not: “I’m lazy.”

Not: “I should be able to do more.”

#### **3. Lower the Pressure**

Choose one:

- ☐ Longer exhale (slow the system)
- ☐ Muscle softening (reduce internal effort)
- ☐ Grounding through feet or touch (stabilize)

Rate energy before: \_\_\_\_ /10

Rate energy after: \_\_\_\_ /10

#### **4. What Shifted?**

Did pressure decrease even slightly? \_\_\_\_\_

Did your body feel even 1% more supported? \_\_\_\_\_

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### **5. Prime the Next Moment**

Next time I notice early depletion, I will:

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(Example: pause before responding, lower expectations, hydrate, step outside.)

***Energy rebuilds through protection and kindness, not criticism.***