



Today, I will approach responses with curiosity rather than a sense of urgency.

I will talk to myself with the same kindness and compassion that I would use when speaking to someone I cherish.

I will honor my energy, even if its low.

I will take a moment to reflect before proceeding.

Today I will respond with curiosity.

I will release what does not belong to me.

I will celebrate one quiet win.

I will respect my energy levels, even when they are low.