Told someone when I was hurt	Asked for a moment of longer when I felt emotionally flooded	Followed through on what I said I was going to do	Said what I needed to say instead of what I thought the other person needed to hear	Opened back up to a healthy conversation instead of shutting down
Didn't exhaust my body trying to people please	Stopped saying "yes" to everyone	Put my devices away and was present	Asked for clarification when I felt confused	Said "no" and stuck to it
Spent time in nature	Took care of my emotional well-being not for others	Self-Love	Asked for help or support	Left when I wanted to leave
Listened to myself and gave myself what I needed	Shared something vulnerable with someone when they earned to hear it	Listened to when my body was tired and rested	Left a situation when it no longer felt good	Paid attention to my negative thoughts and told them to "sit down"
I didn't go out with friends when I didn't want to	Did something for myself because I love doing it	Replaced a negative narrative with a positive one	Trusted my intuition	Didn't wait to share how I was feeling and did it in a more regulated and mindful way

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Took care of my emotional well-being not for others	Asked for clarification when I felt confused	Said what I needed to say instead of what I thought the other person needed to hear	Didn't exhaust my body trying to people please	Put my devices away and was present
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