

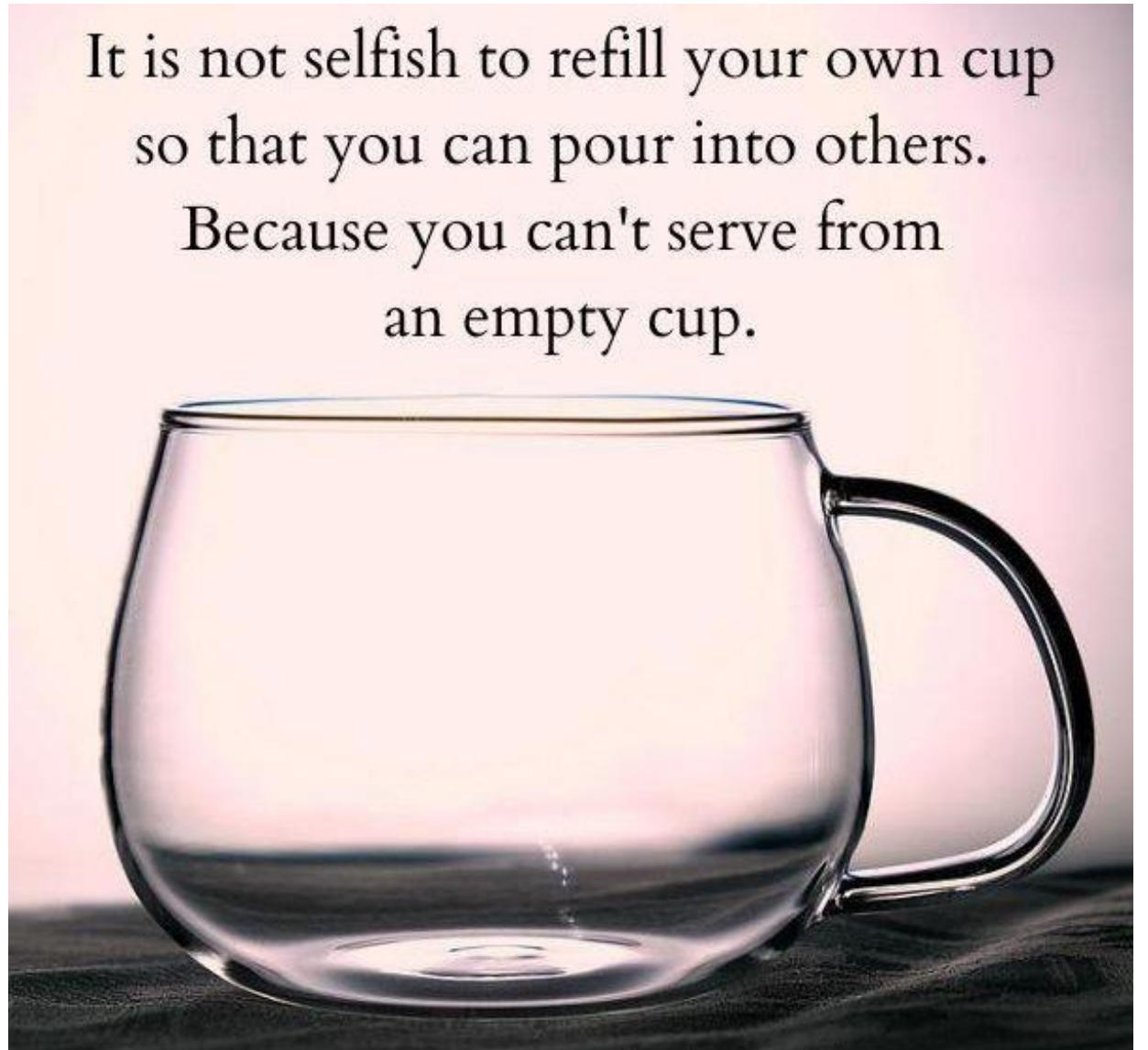
Tuning In: Recognising When You're Running on Empty

You can't pour from an empty cup —
but many of us try.

This module is about learning to
recognise your early signs of depletion
and understanding what actually
replenishes you.

When you become more conscious of
what drains you and what restores you,
you can make choices that protect
your energy and honour your limits.

It is not selfish to refill your own cup
so that you can pour into others.
Because you can't serve from
an empty cup.



Noticing the Signs of Depletion

Everyone's signs are different. For some, it's emotional—feeling flat, resentful, or anxious.

For others, it's physical—fatigue, tension, poor sleep.

Ask yourself:

- What are my early warning signs that I'm running low?
- What happens when I ignore them?
- How do I usually try to “push through,” and what does that cost me?





Recharging in Meaningful Ways

Recharging doesn't always mean taking a full day off or escaping to a retreat.

Often, it's found in the quiet, intentional moments—slowing down, saying no, turning inward, or reconnecting to what brings you joy.

Consider

- What helps me feel more like myself again?
- When do I feel most nourished, peaceful, or energized?
- What do I want to make more space for, even in small ways?

Restoring your energy doesn't always require big changes.

Sometimes, the smallest shifts, like pausing between commitments, stepping outside, going for a walk, breathing deeply, or simply choosing to rest, can make the biggest difference.

Start with what's doable. Honour what's real for you now. That's where your power is.

Trusting What You Know

This final step invites you to pause. To listen inward.

To respond to yourself with honesty and compassion.

When you honour your inner signals—your needs, boundaries, values—you begin to make choices from a grounded place of self-acceptance.

You've spent this time exploring what's true and meaningful for *you*.

Let this be your invitation to carry that self-awareness into your everyday life.

Not as something to strive for. But as something to return to—again and again.

“When you honour what’s real for you, you step into your life with clarity, not control—with trust, not pressure.”

anonymous.

