

YES Worksheet #3: Coming Back to Yourself

This worksheet is for the moments when you've been so wrapped up in helping others, you've started to lose track of yourself. It's here to help you come back to your own voice, your needs, and your strength.

1. What part of me has been most affected lately?

Check the one that stands out most:

- ☐ My energy feels drained
- ☐ I feel emotionally raw
- ☐ My thoughts are stuck on someone else's pain
- ☐ I've stopped expressing how I feel
- ☐ I don't know what I need anymore

2. What did I lose track of while caring for others?

Take a moment to name what you've set aside while trying to support everyone else. This might be your sleep, your hobbies, your laughter, or your sense of calm.

3. A boundary I need to strengthen (or reintroduce):

Boundaries protect both your compassion and your sanity. Which of these do you need most right now?

- ☐ I don't need to fix every outcome
- ☐ I can care without carrying the whole thing
- ☐ I'm allowed to say 'no' when I need time to decompress
- ☐ I can separate my empathy from my identity
- ☐ Other: _____

4. One thing that reminds me of who I am outside the job:

Write about one part of your life that brings you back to yourself—something or someone that reminds you who you are beyond your role or badge.

5. My reminder moving forward:

Choose or write a phrase to carry with you. Something gentle, grounding, and real.

Example: "I can hold space for others without losing space for myself."