

## YES Worksheet #3 (Most Detailed): Coming Back to Yourself

This is your third and deepest worksheet in the series—designed to gently guide you back to yourself after giving so much to others. Let it be slow, kind, and honest. You don't need to rush or fix. Just notice.

### 1. Which Part of Me Feels the Most Tired Right Now?

You carry a lot. This is a chance to name where you're feeling it most—physically, emotionally, or mentally.

- My mind—overthinking, racing thoughts, hard to focus
- My emotions—raw, numb, or stuck in guilt/sadness
- My body—tight chest, low energy, headaches, fatigue
- My identity—losing touch with who I am outside of work
- My purpose—wondering if what I do still matters
- Other: \_\_\_\_\_

### 2. What Has Compassion Cost Me Lately?

Sometimes we don't realize what we've traded for the ability to keep showing up. Take a look at what you've been giving up:

- Sleep or rest
- Time with loved ones
- Joy or laughter
- A sense of safety or calm
- Connection with my own needs
- Other: \_\_\_\_\_

### 3. What Would Reconnection Look Like for Me This Week?

Reconnection doesn't mean doing more—it means remembering what brings you back to center. Choose what resonates most.

- A small, non-work activity that brings me peace (music, art, nature)
- Time with someone who knows the real me
- Unplugging from social media/news for 24 hours
- Doing one thing slowly and with full attention
- Saying no without guilt
- Other: \_\_\_\_\_

### 4. A Truth I Need to Hear Again Right Now:

Pick one or write your own. Let this be your anchor for the week ahead.

- “My exhaustion doesn't make me weak—it makes me human.”
- “I can care without carrying everything.”
- “Even when I feel empty, I still matter.”
- “Taking care of myself protects my ability to care for others.”

You've made it to this page—and that says something. You are still here. Still trying. Still worthy of care and healing.