



## FILL YOUR CUP

### *Module 1 Lesson 2*

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What are your top priorities?

Is self-care up there? Why or why not?

What does John 10:10 mean to you?



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In your own words, describe the difference between self-care and self-comfort.

What self-comforts have you been using as a band aid in the disguise of self-care?



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*"When we pour into ourselves, we can in return pour out into the lives of those around us."*

What do you think this looks like in your own life?

1 Corinthians 6:19-20 says our body is a temple of the Holy Spirit. Have you ever thought about self-care being biblical therefore being an essential part of our lives?



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What does self-care mean to you right now?