What Fills My Cup?

A personal reflection on what restores you, what drains you, and how to make space for more of what you need.

Think of your emotional capacity as a cup. Some experiences replenish it; others use up what is available. The goal is not to keep your cup full at all times, but to notice your needs and respond to them with intention.

Anchor & Restore
COUNSELLING

01

Notice what fills your cup

When do you feel most like yourself: settled, energised, connected or at ease?

Think about a recent day when you felt emotionally well. What was present in that day?

What small moments bring you genuine enjoyment, peace or a sense of meaning?

02

Notice what depletes your cup

Which situations, commitments, habits or interactions leave you feeling drained?

What are your early signs that your capacity is running low (in your body, thoughts, mood or behaviour)?

Where might you be giving more than you have available, or saying yes when you need to pause?

03

Notice what you need more of

What would help you feel more balanced, supported and resourced in the day to day?

What do you want to experience more of in this season of your life?

What boundaries, changes or supports would create more space for what you need?



My Restoration Plan

Based on your reflections above, identify practical ways to bring more of what fills your cup into your life. Consider simple, realistic actions you can take.

Daily | What can I do each day to support my wellbeing?

1
2
3

Weekly | What can I do each week to replenish my cup?

1
2
3

Monthly | What can I do each month to invest in my wellbeing?

1
2
3

Inspiration Bank

Use these ideas to spark your own thinking. What would work for you? You do not have to choose from this list — it is simply a prompt.

Rest & Recharge
- Good sleep
- Time in nature
- Quiet time
- Taking breaks
- Nourishing food
- Movement or exercise

Connection
- Quality time with loved ones
- Meaningful conversations
- Supportive community
- Time with friends
- Acts of kindness
- Feeling seen and understood

Personal Growth
- Learning something new
- Creative activities
- Journaling
- Therapy or coaching
- Time for hobbies
- Pray & worship

Boundaries & Space
- Saying no
- Reducing commitments
- Limiting time on social media
- Protecting quiet time
- Delegating
- Creating a calmer environment

My Next Small Step

What is one small change I can make this week to bring more of what fills my cup, or reduce what drains it?

Get in touch
info@anchorandrestore.co.uk