



a moment for you

Fill Up Your Cup

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Everyone in this room is pouring into
someone else's cup.

When did you last stop
to fill your own?

ROUND ONE

What are the things that
fill your cup, that you
don't actually do?

DISCUSS WITH THE PERSON NEXT TO YOU

ROUND TWO

What's draining your cup right now, and how could you make time for one of your cup fillers?

DISCUSS WITH THE PERSON NEXT TO YOU

This mahi is hard.

Pouring into your own cup isn't optional, it's how you keep showing up for everyone else's.



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