

■ This Week's Small Reflection

Take a few quiet minutes to reflect on your week or your day.

This is not about doing things perfectly — but about understanding yourself a little more gently.

■ How has your energy felt today?

Example:

It took a lot out of me today when I had to ...

♥■ Did I say something kind to myself today?

Example:

My thoughts were spinning and it felt difficult, but I caught myself asking:

“What do I need right now?”

■ What took more energy than I thought it would?

Example:

When I stayed in bed thinking about what I needed to do instead of starting with one small part.

■ What helped me stay more in the green zone?

Example:

When I sat down for a moment and thought about something gentle.

Or when I actually mailed the letter, opened the banking app, or made that phone call.

■ Today's Small Step

Something small counts too.

Small steps instead of perfection ■

— Carina Ikonen Nilsson

“We carry history with us — but compassion helps us land more gently in life.”