

Rise & Root

Finding Your Social Balance

Take a moment to reflect on your current social journey. Below are three prompts designed to spark thought and reflection. Choose the one that resonates most with you right now, and feel free to think through it or journal your thoughts.

Balancing My “Yes” and “No”

Do I say “yes” too often – or not often enough?

How can I find a **balance** that supports my energy and relationships?

Protecting My Social Energy

Which social situations leave me drained – and which fill me up?

How can I spend more time where I **feel supported** and less where I feel depleted?

Communicating with Care

How can I express my needs honestly without feeling guilty?

What helps me set boundaries while keeping relationships **healthy and kind**?