

Practice of the week: Nourishment journal

- What**
- **Begin a nourishment journal**
- When**
- **Daily, whenever works (for one week).**
Consider adding this into your 1-1 Meeting with yourself
- How**
- **Step 1. Get Present** by taking 10 conscious breaths
 - **Step 2. Ask yourself** - What would nourish me today? You can refer to the list of sources of nourishment on the next page.
 - **Step 3. Reflect** - After doing the activity. Was the activity nourishing? If yes, how might you incorporate more of this activity? If not, why not? What might be more nourishing to do instead?

Hint: a way to tell if the activity was nourishing or not is to ask yourself a few questions —

-Does it create internal space? Or does it constrict internal space?

-Do I feel energized by it? Calm? Centered? Or am I drained? Agitated? Off center?

-How do I feel physically and emotionally before I began the activity and afterward?

- **Use the three C's: Courage** to try it in the first place; **Curiosity** to learn about the nature of our thoughts and emotions; **Compassion** to be kind to ourselves no matter what we discover.

- Duration**
- **5 minutes**

Nourishment is the act of providing ourselves with a variety of different activities that help us to continuously restore our mental, physical, emotional well-being as well as position us for our personal growth and development.

Pay close attention to what you are drawn to.

innerforce: our deepest, most authentic self and the source of our vitality.

The most important connection we have is the one we cultivate with our own ***innerforce***. Take time to connect with yourself every day.



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Universal Human Domain*	Description	Examples of Sources of Nourishment / Questions	Examples of how to step in
Friends and Family	Giving and receiving care, love, support to and from others	Nourishing relationships -- we can start to notice which relationships nourish us or which leave us feeling drained	Begin an inquiry in your nourishment journal
Body	Health, well-being, flexible, strong, balance, relaxed, present, powerful	Whole foods, mindfulness, meditation, Various kinds / levels of exercise: yoga, walks, weight lifting, movement to eliminate stagnant energy in your body	2 minute mindfulness, walk outside for 2-10min Identify current movement activities that feel nourishing or ones that don't feel nourishing. Identify new activities would I like to try.
Work	Career, network of colleasures, making a contribution to others, professional identity	We can start to notice if and how our work nourishes us. And if our current work is leaving us drained, is there a time when our work did feel nourishing? When? What specifically felt nourishing?	Begin an inquiry in your nourishment journal
Connection with Something Larger than Self	Connection to something bigger than yourself; a higher purpose or calling; being of service to others, development of compassion and wisdom; dignity; self-discovery	Whatever your spiritual practices are Nature can be a way to connect almost instantly to something larger than yourself.	Sky / Horizon Gazing -- 2 minutes. Spending time looking at the sky or the horizon gives us access to external space which facilitates the creation of internal space We can do this from a beautiful vista or by simply walking outside and looking up.

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Play	Activities free from plans or attachment to outcomes; freedom; pleasure, relaxation	Hobbies of any kind, art, music, dance, creative writing, reading, poetry	Make a FUN list Make a relaxation list
Education	Building and maintaining our skill, competence, and fulfillment in our life and work	Personal development classes / workshops, reading, self-reflection practices	Start reading something you are drawn to or take a class you are drawn to
Money	Securing our financial viability now and in the future through earning, saving and investing money and managing our spending	Creating and managing a budget; creating a financial plan with an advisor; Create a nourishment budget	Identify the next step to take in my financial life
Community	Membership in groups with shared values, shared concerns, shared practices whether political, professional, spiritual or other	What groups am I a part of now? How to those nourish me? What groups would I like to build community with? How can I step into this?	Begin an inquiry in your nourishment journal
Environment	Contribution to personal and collective life in your home, neighborhood; Nature; sustainability	Spend time in Nature regularly; In what ways is my home environment nourishing? How does my home support my nourishment? How does it detract from it? And what steps would I like to take?	Date in nature; Begin an inquiry in your nourishment journal