



NOURISHMENT WORKSHEET

I remember having a kinesiology session when I was finding it difficult to get over an ex and my kinesiologist said to me, 'So what brings you joy?'

I couldn't think of a single thing.

In the process of my obsession I had forgotten about me. I had forgotten all the things that nourish my soul!

And so I started to get clear on them... and when I did, that ex of mine was no longer in my mind.

Brainstorm

It's time to discover what nourishes you by doing some brainstorming. Make a list of the things you do that make you feel happy, content, energised and loved. Don't overthink it and don't worry about trying to write a neat list – just get it all down there! You can always go back and make it pretty later.

If you're struggling, ask yourself these questions:

- » Where were you the last time you felt truly happy?
- » What were you doing?
- » What were you thinking about?
- » If you had an extra \$100 every week, what would you spend it on?

Here are some ideas that might inspire you:

- » Writing for half an hour.
- » Reading.
- » Holding a baby.
- » Sitting quietly in a room, with no distractions.
- » Swimming.
- » Hanging out with a toddler. Marvelling at life like they do.
- » Lighting a candle.
- » Sending someone a blessing.
- » Exercising.
- » Creating.
- » Taking a nap.
- » Getting a massage.
- » Soaking up the rays of the sun.
- » Running a bath.
- » Singing or hearing someone sing.
- » Standing sole to soul with nature.
- » Welcoming the day with your own ritual.
- » Offering a smile and getting one in return.
- » Collecting pictures, postcards, antiques or other pieces that inspire you.
- » Spending time with a pet.
- » Savouring a cup of tea or coffee.

There are lots of things that nourish your soul.

Take some time, sit back, tune in and listen to what it has to say. Then jot them down. Once you're done stick them to the wall or fridge. Whenever you feel yourself wavering, return to the list – it will guide you back to the path of self-love and nourishment.





Things that nourish my Soul.

