

Fostering Nourishment, Mitigating Weariness

What is Working

What is bringing you joy, comfort, health, wellbeing, relief, and constructive outlets?

Non-negotiables	Ways I am currently nourishing myself	Need(s) this meets	Continue, adjust, or discontinue?	How I can adjust:
Star priorities	e.g.: walks, time outside, connecting with loved ones, healthy foods, napping, playing, meditating, etc.	e.g.: support, connection, space, privacy, movement, play, rest, learning, hope, inspiration, etc.	(Based on seasons and other factors)	e.g.: adapt a space, ask for help, get appropriate materials, etc.
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To Incorporate

In what new ways can you nourish yourself? Give priority to any unmet needs in your brainstorming.

High priority	New ways to nourishing myself	Need(s) this meets	Anything I need to do to prepare?
Star 1-3 items	e.g.: learning something new, writing letters, taking baths, gratitude practice, etc.	e.g.: love, trust, safety, community, order, etc.	e.g.: prep a space, gather materials, ask for help, etc.
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To Let Go

What can don't you have to do which, in releasing, will create space, and relief?

High Priority to Release	Things I can let go of:	What would help me let go?
Star 1-3 items	e.g.: obligations to unhealthy relationships, guilt for resting, unhealthy habits, etc.	e.g.: forgiveness, permission, grieving, support, boundaries, honesty
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