

# A Worksheet for Doable Self-Nourishment



Self-Care...it sounds like a great idea and then life happens. It's really all about feeling nourished, cared for, and energized. It's a refuel practice. Let's find both big and micro ideas.



A micro idea is something that can...

1. can be done in a short amount of time.
2. can be done by yourself, without help, or while you're caring for kids.
3. is deeply nourishing, even if its just a moment.

## BODY

What are three things that your body enjoys?  
Circle one as a big goal.

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What is a micro-version you could do now?

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## MIND

What are three things that really engage your mind and make you feel sharp?

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What is a micro-version you could do now?

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## SPIRIT

What are three things that make you feel connected to something bigger than yourself?

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What is a micro-version you could do now?

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## SOCIAL

What are three things you enjoy that connect you with another person?

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What is a micro-version you could do now?

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## What resources might make this more possible?

No limits! Just make a list of even "technically possible" options.

Who could help make these happen?

Are there any things that would make this possible?

Are there any services that could make these easier?

Are there any spaces or businesses that offer something like this?