



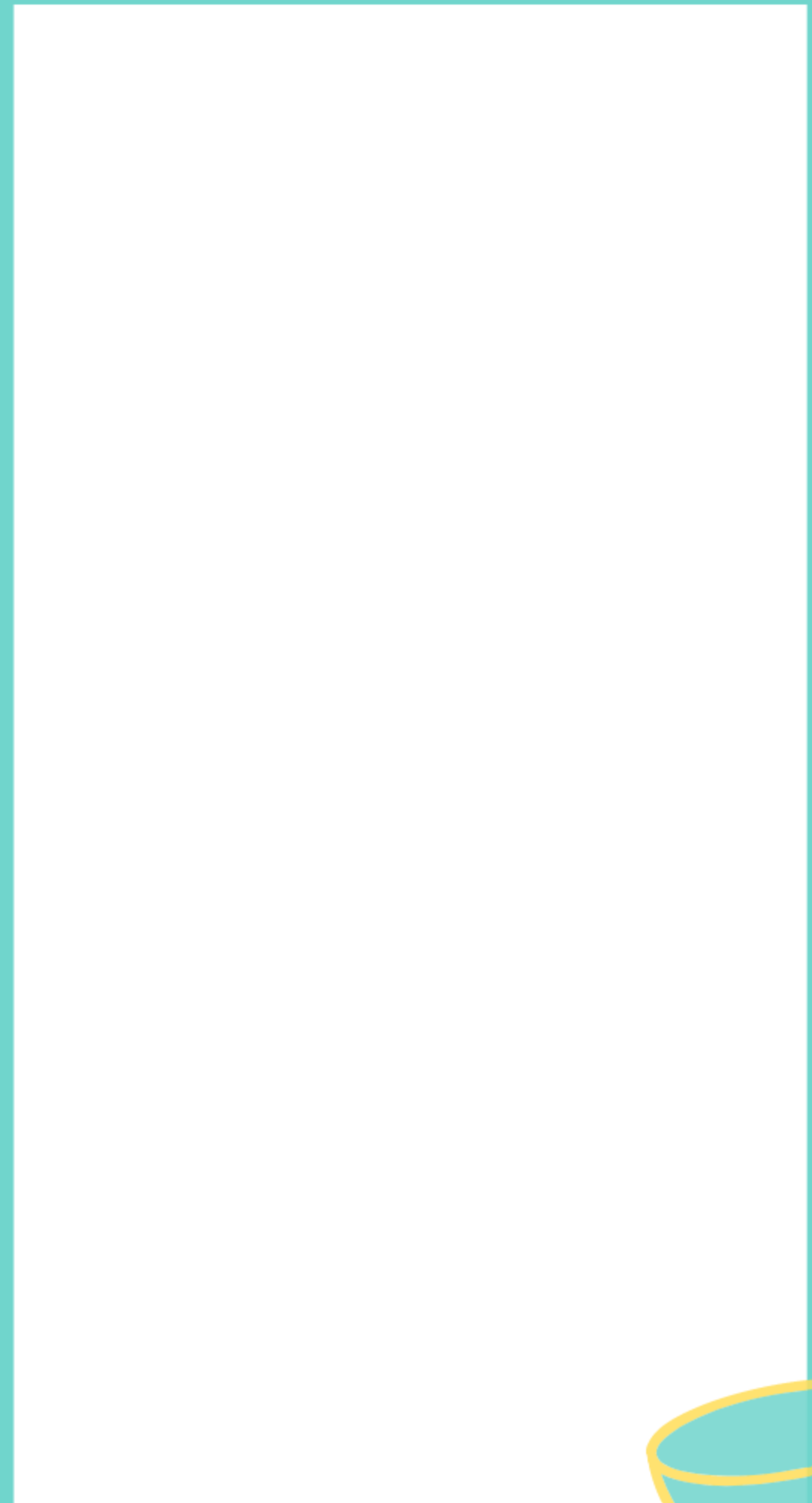
what's on my plate

List the nourishing and draining thoughts, emotions and self-talk that happens throughout your day. Allow them to come up and pass as kindly as you can, without judgement.

nourishing



draining



At the end of the day, consider what your 'meal of the day' looks like with all the 'ingredients' above. For further exploration, ask yourself:

1. What are some other nourishing spices I would have liked to include?
 2. What is a delicious and comforting 'meal' for me? What ingredients would it have?
 3. How can I choose to nourish myself better?
 4. In the long term, do these ingredients support or hurt me?
 5. Am I attached to any of these ingredients or am I open to trying something new?
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