

WHAT ARE YOU CRAVING?

NOUR·ISH

/'NƏRISH/

VERB

I PROVIDE WITH THE FOOD OR OTHER SUBSTANCES NECESSARY FOR GROWTH, HEALTH, AND GOOD CONDITION

WHAT KIND OF NOURISHING CHOICE COULD YOU MAKE FOR YOURSELF TODAY?

#1. ENERGY TAKERS VS. ENERGY GIVERS

First things first, let's do a little stream of consciousness about the things currently taking your energy... list any commitments of time or attention or resources... housework, kids, relationships, career, pets, neighbors - let it all out!

TAKERS: _____

What about the things that give you energy? Some of these might be the same as things that take energy. My kids for instance. Try to come up with as many of these as you can. Think about things you love doing, things you lose track of time doing, things that always sound good... you get the idea.

GIVERS: _____

#2. WHERE DO THE SCALES TIP?

What jumps out at you from the list above? Are there any obvious areas where you are feeling super depleted (you know where the energy taking is much greater than the energy giving)? These imbalances usually point to the areas of our life that are most in need of nourishment. Where are your imbalances?

BODY: _____

MIND: _____

SPIRIT: _____

#3. LET'S TALK CRAVINGS. WHAT DO YOU WANT?

When I've had a really long day, I want to come home and _____

After a really tense conversation with my spouse/kid's teacher/annoying family member, I just want to _____

When I'm not feeling well, I always want to do _____
 and eat _____ and _____

When I don't get enough/good quality sleep, I feel _____
 and want _____ all day long.

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#4. LET'S TALK CRAVINGS. WHAT DO THEY EVEN MEAN?

How'd that go? How do you feel about the things you crave when you're feeling depleted? Do those things help you to feel better long term or just in the moment? I crave caffeine and sugar when I'm tired, but what my body really needs is energy. My body is really telling me it needs a boost. It's hard to admit, but a green smoothie gets me farther than coffee and a muffin every damn time.

WHAT YOU CRAVE

WHAT YOU ACTUALLY NEED

_____	→	_____
_____		_____
_____		_____
_____	→	_____
_____		_____

#5. GRADUALLY AND THEN SUDDENLY

Transformation happens all at once... after weeks and months and years of hard work that is. What can you do today to move yourself one degree in the direction you want to go? Think lots of bang, not too many bucks.

BODY - can you add a blanket to your yoga practice or make a date to walk with a friend or create a YouTube playlist for the perfect living room dance party. What moves you one degree?

MIND - can you commit five minutes today to a meditation practice or maybe you just need to add an app to your phone today to set yourself up for tomorrow. Maybe you place your journal next to your bed so you can wake up and write first thing in the morning. Lots of bang. No bucks.

SOUL - is your soul craving creative expression? Can you make space for a creative practice or sign up for a class or commit to share a creation with a loved one? Maybe your soul is craving a spiritual community. Can you commit to researching options or checking out local groups/churches/etc....?

CRAVINGS MENU

It's hard to figure out what we need in the heat of the moment when we feel depleted. Having a written menu like this will give you a reference point and plan of action for when you're feeling a little too overwhelmed or exhausted to come up with one on the spot.

Your future self is totally high-fiving you right now.

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WHEN I'M CRAVING _____,

I know it's because I feel _____.

I am in need of nourishment. These are ways I nourish myself:

WHEN I'M CRAVING _____,

I know it's because I feel _____.

I am in need of nourishment. These are ways I nourish myself:

WHEN I'M CRAVING _____,

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