

NOURISHED VERSUS NON-NOURISHED

HOW I SHOW UP IN MY LIFE



WHEN I AM NOT NOURISHED...



Lack of Boundaries
Stress
Addictive Behaviors
Insomnia
Over-Giving
Isolation
Chaos
Shame
Fear
Lack of a Food Plan
Lack of Exercise
Resentment
Lack of Willingness
Lack of Consistency
Lack of Purpose
Perfectionism
Lack of Awareness



WHEN I AM NOURISHED...



Boundaries
Serenity
Healing Habits
Sleep & Energy
Service Work
Community
Routines
Trust & Gratitude
Freedom & Love
Food Plan
Movement
Acceptance
Willingness
Routines
Purpose & Passion
Play and Laughter
Awareness

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