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Instructions

1. Write a list of all the things that nourish you: things that make you happy, relaxed, calm, at peace, mindful e.g. going for a walk, getting together with friends, taking a bath, reading a book
2. In the depleting column write a list of all the things that make you feel depleted: e.g. working too hard, negative people, noise, being on social media for many hours
3. Compare your list and look at what you've been doing more of recently. When you're feeling depleted, make a conscious decision to do something from your nourishing list
4. Aim to do one thing a day on your nourishing list, and lose one thing from your depleting list to keep yourself happy and well.