



My Nourishment Plan

A series of intentional activities that I will engage in on a regular basis to maintain wellness

Social Nourishment

S M T W T F S

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Emotional Nourishment

S M T W T F S

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Physical Nourishment

S M T W T F S

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Professional Nourishment

S M T W T F S

● _____

● _____

● _____



Spiritual Nourishment

S	M	T	W	T	F	S
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- _____



It is important for me to prioritize caring for myself because:

I will make time for self-nourishment by:



Tasks that can wait:

Tasks I can delegate to others are:

