

I NOURISH MY BODY, MIND, AND SPIRIT

I nourish my body, mind, and spirit.

I keep my wellbeing at the forefront of my mind and ensure that nourishment is always part of my plan.

I use healthy food and water to nourish my body. I use knowledge and information to feed my brain. I use love, help, and support to uplift my spirit. I use everything this universe offers to be strong.

I use what is necessary to sustain and maintain my health and body.

I cherish myself, so nourishment is important. It keeps me alive and strong. It helps me accomplish great things and help others.

The nourishment I pick keeps the cells in my body healthy and the thoughts in my mind positive.

I practice self-care because it is also part of my nourishment. I do what I can to take care of myself each day.

I laugh and look for joy. I sing and enjoy music. I spend time with friends. I look for

opportunities to expand my worldview. I seek out new information to make my mind stronger.

Today, I use many tools and methods to nourish myself. From a healthy diet to keep my body strong to prayer to strengthen my faith, I discover tools each day that enhance my life as I give my mind, body, and spirit what they crave.

Self-Reflection Questions:

1. How can I take time for myself and still find time to help others?
2. What are the best things to nourish my body, mind and spirit?
3. Where can I find nourishment for my brain?