

NOURISH / DREAM / DISCOVER WORKSHEET

Fill in the circles below and set your intentions

Nourish

What foods and activities support my body and make me feel nourished?

What habits lift me up and make me feel my best?

Dream

What are my goals and visions?

What do I want to bring into my life and do more of?

Discover

Where (or what) would I love to explore?

In what ways would I like to grow?