

REFLECTION: WHAT NOURISHES AND DEPLETES ME?

**What nourishes me? What increases my sense of being alive and present?
(Up activities):**

**What depletes me? What decreases my sense of being alive and present?
(Down activities):**

**How can I ensure that I have more of the conditions in my life that nourish me
and increase the certainty of these conditions being present in my life?**

**How can I ensure that I have less of the conditions that deplete me and decrease
the certainty of these conditions being present in my life? What can I let go of?**