

kale or kryptonite?

What really nourishes you ... and what doesn't? Rate the following from ① (kryptonite = toxic) to ⑩ (your kale = superfood)

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ career/job

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ finances

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ education

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ relationship with spouse

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ relationships with children

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ relationships with family

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ relationships with friends

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ social life

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ home environment

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ nutrition

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ physical activity/exercise

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ sleep (quantity)

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ sleep (quality)

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ time in nature

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ spiritual practice

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ vacations (frequency)

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ vacations (duration)

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ nurturing others

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ paying it forward

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ giving back

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ self-care

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ setting boundaries

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ keeping boundaries

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ your relationship with time

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ your daily schedule

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ stress management

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ creativity

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ joy



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1. What 3 areas of your life nourish you the most? (Which ones scored highest?)
2. What are you doing on a regular basis to nurture yourself in these areas?
3. What 3 areas feel the most toxic? (Which ones scored the lowest?)
4. Which *one* toxic area would you most like to shift to being more nourishing?
5. How would your life change if you could make this shift? (Try to imagine this part of your life using all your senses: look, feel, touch, taste, smell.)
6. What is one *small* action you can take daily to nurture yourself in this one area?
7. How will you hold yourself accountable for taking that action?

If you're looking for some support in making the shift from Kryptonite to kale in any area of your life, let's talk! Visit <https://is.gd/SHCbooking> (case sensitive) and click on Tell me YOURstory to book a FREE consultation.

