

kale + kryptonite

We all have parts of our lives that nourish us deeply—like a superfood—and parts that feel a little (or a lot) toxic—like kryptonite.

Let's start by sorting out what's what. Rate the following aspects of your life from 1 (your kryptonite) to 10 (your kale) based on how they feel at this moment in time, not on how much you think they "should" nourish you (that would be all 10s!) or how others feel you're doing in that area.

When you're done, turn the paper over and answer the questions there.



career/job	1	2	3	4	5	6	7	8	9	10	spiritual practice	1	2	3	4	5	6	7	8	9	10
finances	1	2	3	4	5	6	7	8	9	10	vacations (frequency)	1	2	3	4	5	6	7	8	9	10
education	1	2	3	4	5	6	7	8	9	10	vacations (duration)	1	2	3	4	5	6	7	8	9	10
relationship with spouse	1	2	3	4	5	6	7	8	9	10	nurturing others	1	2	3	4	5	6	7	8	9	10
relationships with children	1	2	3	4	5	6	7	8	9	10	paying it forward	1	2	3	4	5	6	7	8	9	10
relationships with relatives	1	2	3	4	5	6	7	8	9	10	giving back	1	2	3	4	5	6	7	8	9	10
relationships with friends	1	2	3	4	5	6	7	8	9	10	meaningful self-care	1	2	3	4	5	6	7	8	9	10
social life	1	2	3	4	5	6	7	8	9	10	setting boundaries	1	2	3	4	5	6	7	8	9	10
home environment	1	2	3	4	5	6	7	8	9	10	keeping boundaries	1	2	3	4	5	6	7	8	9	10
nutrition	1	2	3	4	5	6	7	8	9	10	your relationship with time	1	2	3	4	5	6	7	8	9	10
physical activity/exercise	1	2	3	4	5	6	7	8	9	10	your daily schedule	1	2	3	4	5	6	7	8	9	10
sleep (quantity)	1	2	3	4	5	6	7	8	9	10	stress management	1	2	3	4	5	6	7	8	9	10
sleep (quality)	1	2	3	4	5	6	7	8	9	10	creativity	1	2	3	4	5	6	7	8	9	10
time in nature	1	2	3	4	5	6	7	8	9	10	amount of joy in your life	1	2	3	4	5	6	7	8	9	10

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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 area would you most like to shift to being more nourishing?
 5. How would life change if you could make this shift? (Imagine this part using all 5 senses: look, feel, touch, taste, smell.)
 6. What is the smallest action you can take daily to nurture yourself in this one area?
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