



Session # 8: Action Guide

What wants to be Nourished?

What wants to be **nourished** in my life:

One action I am taking this week to nourish _____ is

This week I am committed to taking the following actions regarding my current habits with food:

-
-
-

Action steps I'm continuing and/or up leveling:

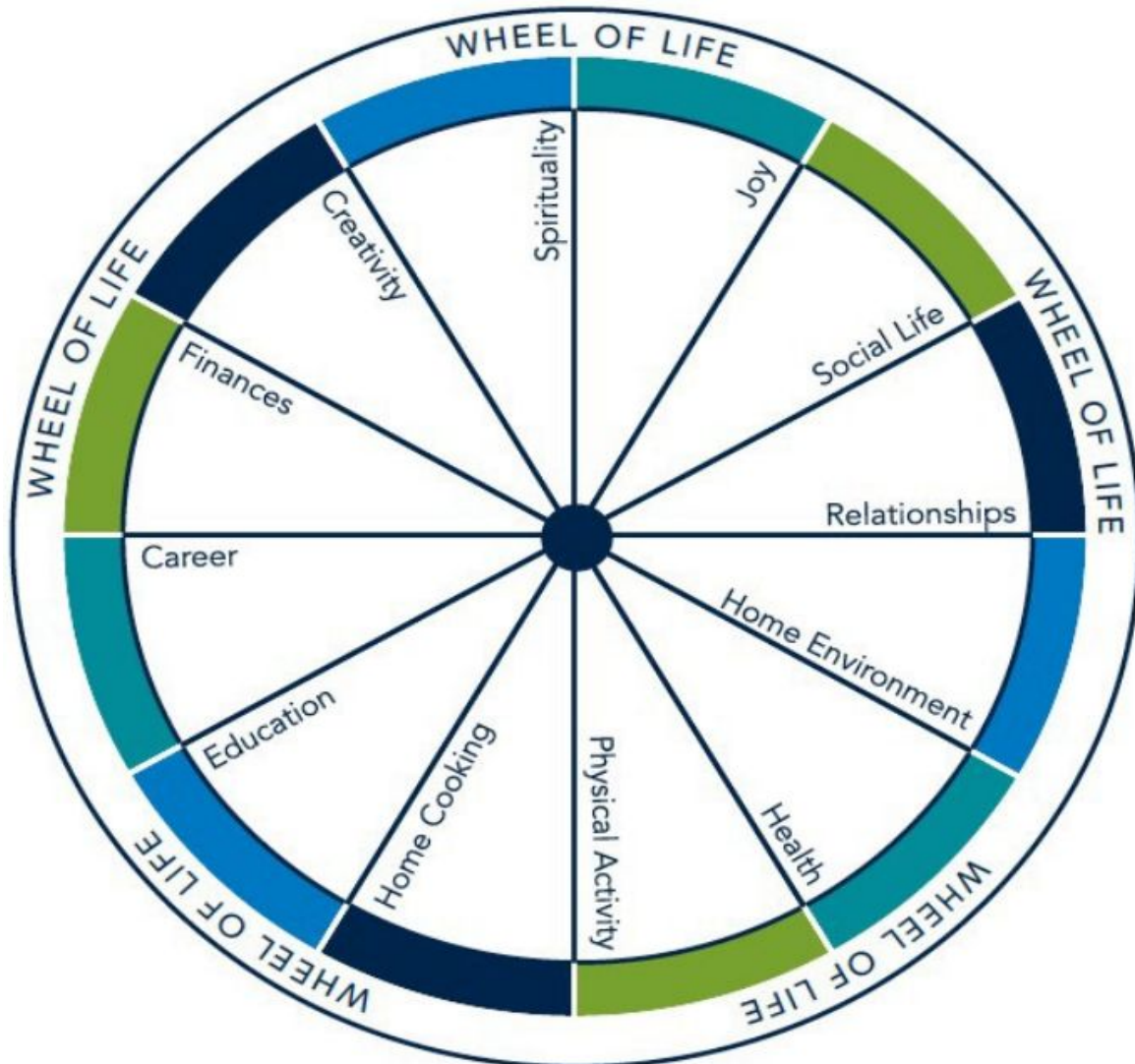
AHA'S/Notes:



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The Wheel of Life



Discover what wants to be nourished...

Look at each section and place a dot on the line marking how satisfied you are with each area of your life. A dot placed nearer the center of the circle indicates dissatisfaction, while a dot placed toward the outside indicates ultimate happiness.

When you have placed a dot on each of the lines, connect the dots to see your Wheel of Life. Are there areas where your Wheel is flat? Are these areas calling to be NOURISHED?