

5 - M I N N O U R I S H S P I R I T C H E C K - I N

Take five quiet minutes to pause, turn inward, and ask yourself five simple questions. Guided by the five interconnected pillars of the Nourish Spirit Method, this practice helps you to reconnect with your body, deepen self-awareness, and intentionally nourish the whole person - mind, body, and spirit.

NOURISH

Have I given my body what it needs today or in this currently moment?

REGULATE

What can help me feel more grounded right now? Example:
Deep breathing, fresh air, etc.

NOTICE

What am I experiencing right now? Example: anxious, hunger, fear, etc.

CONNECT

What or who helps me feel connected? who may be God, Divine, Diety, Nature, etc.

INTEND

What is one nourishing choice I can make next?

**REMEMBER, THERE IS NOTHING TO FIX AND NO PERFECT ANSWER TO FIND.
SIMPLY NOTICE, LISTEN, AND HONOR WHAT YOU NEED IN THIS MOMENT**