

## I AM NURTURING MY MIND AND BODY

Each morning, I rise, intending to treat myself with care, selecting nourishing foods, engaging in stimulating conversations and participating in physical activities that invigorate me.

As I read a book, I transport myself to different worlds and perspectives, expanding my understanding and empathy.

When I exercise, I can feel my muscles growing stronger, my breath deepening, and my spirit lifting.

In these moments, I am reminded that I am the custodian of my well-being.

I am cultivating a rich inner garden where my thoughts and emotions are tended to with the same attentiveness as my physical health.

By consciously nurturing my entire being, I can offer more to those around me, building relationships rooted in mutual growth and respect.

My self-care is the foundation upon which I build a life filled with meaningful interactions and personal fulfillment.

## REFLECTION QUESTIONS

**1**

What self-care practices have I found to be most beneficial for my mind and body?

**2**

How do my nurturing activities contribute to my relationships with others?

**3**

What new self-care activity can I introduce into my routine?