



Inner Nourishment Reflection

Noticing what quietly restores you

What experiences, moments, or presences tend to leave me feeling gently replenished?

.....

.....

.....

.....

.....

When I feel emotionally or inwardly nourished, what is usually present?

.....

.....

.....

.....

.....

What do I find myself returning to when I need comfort, steadiness, or warmth?

.....

.....

.....

.....

.....

REFLECTION: What I notice about what truly sustains me when I pause to listen:

.....

.....

.....

.....

.....

Nourishment doesn't always arrive as relief—it often shows up as quiet steadiness.