

## Inner Nourishment Reflection

## *Noticing what quietly restores you*

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

A 5x5 grid of 25 small gray dots arranged in a square pattern, with one dot missing from the bottom right corner.

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

A rectangular grid of 100 gray dots arranged in 5 rows and 20 columns. The dots are evenly spaced and form a continuous pattern across the entire area.

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

A horizontal row of 20 small gray dots, arranged in a 5x4 grid pattern. The dots are evenly spaced and aligned vertically.

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

A 5x20 grid of gray dots, arranged in five horizontal rows and twenty vertical columns, forming a rectangular pattern.

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