



- Please print pages 2-11 first. Then check which way to put them back into your printer's paper tray so that you can print on the other side.
- Print one copy of pages 2 - 10.
- Print on thick card. 200-220gsm feels nice. Be sure to check your printer's capabilities.
- Cut each card out carefully.
- The back of each card is for you to colour in.
- Use the page of blank cards at the end to add your own nourishment tips!
Then, enjoy your new set of Nourishment Cards.

Breathe into your belly
and place one hand on
your navel & the other
on your heart.

Allow your feelings to
come up and breathe them
out through your heart.



Put on your favourite
music and dance as
if no one is watching.
Flow with the rhythm
to free your creative juices
and open your hips.



Today is a day for rejoicing!
Take a moment to
remind yourself of the
golden moments you've
experienced in your life.



Indulge in a warm bath.
Add your favourite essential
oil or a handful of
epsom salt to draw toxins
out of your skin and cleanse
your aura.



Carry this affirmation in
your pocket -
*"I Awaken my soul and
the sweetness inside of
me to allow myself to fully
nourish and love myself".*



Dry brush your feet
and legs in long strokes
toward your heart.
Brush until you're warm,
indicating that the healing
in your lymph is moving.



Before bed tonight,
give yourself a gentle
hand and foot massage
using your favourite oil
or moisturiser.



Write down any fears or
concerns on a piece of
paper without judgement.
Find a way that suits you to
release and let go of these:
burn the paper, bury it,
throw it to the wind.



Send out love and
generosity to everyone you
come across today.
This can be as simple as
a smile, holding a
door open or sending a
loving thought.



Find something magical
in nature. A beautiful
leaf, petal, or tree.
Hug it, wish on it, put it
on your windowsill.
Nature reminds us of
simplicity and beauty.



Write a letter to your soul.
Ask any questions that you
may want answers to.
Then get out of the
way and let your soul
write back to you.



Find a bucket and fill it
with hot water to soak your
feet in, add salts and oils.
Close your eyes and
love your feet, they
support you!



Take 5 minutes when you're on your own today to forgive yourself. Free your attention and energy from the past to acknowledge the gifts each past injury has offered you.



Go to bed 15 minutes early, get nice and cozy, breathe deeply, smile and relax. Pray for tomorrow and give thanks for today!



Find time this week to turn off your TV, computer and phone. Enjoy being in the present and simply allow the world to go by.



Spend some time in front of the mirror reminding yourself of all the beauty inherent within you. If judgments come, gently let them go and replace them with love, love, love!



Speak kindly to yourself, compliment yourself out loud today. It raises your vibration, realigns you with your true purpose and draws others into your life that feel the same way about you.



Set your alarm clock 15 minutes earlier every morning and use the time to set your intentions for the day. How would you like your day to be?



Practice walking meditation
- go for a stroll and notice
how many beautiful things
are in your life right now,
take in the sounds in your
environment and the
colours your eyes see.



Laugh, laugh and laugh
some more to help
remember your sense of
humour in life. Laughter
immediately opens your
heart, awakens your higher
self and helps tune into your
intuition.



Host an *"I am wonderful"*
party where everyone gets
to brag about themselves
and success freely and
without repercussions.



Give away things you
no longer need, clothes,
furniture etc. Create space
for new energy
to come in to your life.



Buy or pick yourself a
bouquet of pink flowers,
they're especially good for
revitalising and
healing the heart.



This week introduce a
series of gentle bending
and stretching excersices.
Being flexible in your body
can help you to be flexible in
life.



Buy 5 postcards,
go to your favourite
coffee shop & write them
out to your loved ones.
Send them to people you
would love to hear from.



Do things differently ~
take a new way to work,
walk out the door backward,
change your mind.
Be spontaneous!



Go to the local Library
or your favourite bookstore.
Read new books about old
and favourite subjects.
Nourish your mind!



Visit an art store, music
store, dance studio or some
other place where a form of
artistic creativity has been
calling you. Spend a day
making art: draw, colour,
scribble, dance and enjoy
expressing your spirit.



This week, take your shoes
off before entering your
home, leave the world
behind you.



Using your favourite pen,
reaffirm who you are by
writing your name over
in your best penmanship.
This strengthens your
confidence in who you are!



Get your energy flowing with a good dose of exercise. For 15 minutes today work up a sweat - Exercise will ground you, quiet an overactive mind and get the inspiration flowing.



Practice tensing your muscles, holding for 10 seconds, then releasing to restore calm. Start with muscles in your face, neck & shoulders. Notice how much more aware you are when you're not tense?



Take yourself or a friend to a beautiful spot in nature, by the beach or in a park. Pack a picnic lunch with all your favourite foods.



Make a herb or flower box. Spend some time working in the garden, re-pot any tired or languishing plants. Get your hands dirty!



Look at your home. Is there any room that you could make into private space for yourself? All you really need is a cushion or chair, something to write on, flowers and a candle or two.



List 5 things you would love to do but haven't allowed yourself. Your list might look like this: Go dancing, a holiday, dye your hair red, buy a drum kit, sign up for ceramic classes. Post your list somewhere visible!



Collect a stack of at least 6 magazines, cut out images that inspire you, represent your goals and dreams, and collage them onto a board.

This is a powerful way to become clearer what you are creating for yourself.



Get creative in the kitchen, bake something or make a fresh healthy soup. The act of cooking something interesting can help to free your creative energy in other areas of life.



Buy yourself a wonderful pair of socks or a wonderful pair of underwear - one wonderfully comforting, self-loving something!



Create one wonderful smell in your home ~ with flowers, soup, incense, candles, essential oils, whatever your heart desires.



Create a special creativity notebook and number the pages 1 - 7. Give one page each to health, possessions, leisure, relationships, creativity, career & spirituality. List ten wishes in each area.



Wear the colour orange today. Orange stimulates renewal, frees up sexual energy and increases joy. If you don't own anything orange, drink orange juice or buy yourself a bunch of orange flowers.



Be extra generous to yourself this week. Say YES instead of no to the things you love!



Expand your vocabulary so that you choose words that are accurate, beautiful, sensual, inspiring, thought provoking, mysterious and effective. Get a word a day calendar or pick new words from a dictionary.



This week, begin your mornings with ten long deep breaths. In through your nose and out through your mouth. Breathing in the freshness of life and exhaling any stagnation and stress.



Go on an adventure with your camera. Take photos of beauty and inspiration.



On a clear day find a place to lay on the ground, open your throat and breathe into it, get lost in the clouds and sky.



In the morning or before bed, write a list of all the things you appreciate in your life. This tunes into your heart and allows more joy and love to flow in.



