

Subjective Units of Nourishment (SUNs)

Think about activities that fill you well. From quick (under a minutes) to longer (up to an hour or longer) that nourishes your heart, body, mind and soul. Put as many as you like for each.

10: The dream – more than a day:

9: A full day:

8: Half a day:

7: An hour of nourishment:

6: Thirty minutes of self-care:

5: A real break 5-15 minutes :

4: Five minutes of nourishment:

3: A couple minutes of nourishment:

2: A minute of nourishment :

1: Few moments – small boost of nourishment