



FOUNDATIONS OF
Nourishment
& Self Care



Introduction to Nourishment & Self Care



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Life Assignment

Track yourself through the experiences of your week and ask yourself:
“What am I **learning**? How am I **growing**? Who am I **becoming**?”

Learning = *knowing something I didn't know before*

Growing = *doing something I haven't done before*

Transforming = *becoming someone I haven't been before*

What's It To Me?

REACT: What strikes me?

DIGEST: What about it strikes me? How do I relate to this?

Feelings?

Yearnings?

APPLY: What are the implications of this in my life?

ENVISION: What long-term influence could this have?

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Welcome

“ Every day you may make progress. Every step may be fruitful. Yet there will stretch out before you an ever-lengthening, ever-ascending, ever-improving path. You know you will never get to the end of the journey. But this, so far from discouraging, only adds to the joy and glory of the climb. ”

— Winston Churchill

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OVERVIEW & WELCOME!

Welcome to the Nourishment & Self Care topic of the LiveMORE Program!

The Nourishment & Self Care quarter builds a foundation of nourishment to support and sustain you throughout the LiveMORE program (and thereafter)! You will discover how to really take good care of yourself, rather than just indulge in soft addiction patterns of numbing yourself or zoning out. You will learn to touch and heed your deeper yearnings, to comfort and tend to yourself, to expand your range of emotional expression, and begin to meet your needs and yearning by expecting and asking for more from the world around you.

Nourishment and Self Care is the foundation for a Life of MORE. In this quarter, you will not only learn what true nourishment and self care looks like, but also take advantage of our proven feelings curriculum as you learn to identify, honor, and responsibly express your feelings.

Areas of Focus:

MORE Fulfillment and Happiness helps you identify where you have felt that you are not the author of your own life and how you have played the part of a victim. You will further explore the nature of emotions and how to live a life that involves continually choosing to feel these feelings, thereby, beringing more satisfaction in your life.

Learning to Express Yearning will teach you to uncover the feelings you have and begin to express them. As humans, we are always striving to move away from things that cause us pain and to move toward things that bring us pleasure. Expressing our feelings allows us to feel the range of emotions that continually reside within us.

Engage in Life leads you to experiment with the expression of feelings through play as well as learning to garner attention and affirmation for yourself. By pushing your boundaries into celebrating your imperfections, you will see what it feels like to willfully make mistakes and cause disturbances in your world—and have fun doing it.

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Definition of Nourishment

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Happiness

MESSAGES ABOUT HAPPINESS

What are we told about the “secrets to happiness” or a “good life?”

Happiness IS NOT:

Happiness IS: