

# Self-Discovery and Support

**Nourishment and Meaning**

# INSTRUCTIONS

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Research has shown that people reduce stress by focusing on the meaningful purpose of their lives and work.

This series of self-reflection exercises will help you understand what nourishes and drains you, where you find meaning, and what can help you feel more fulfilled.

When you know what nourishes and drains you, you can start planning activities to balance your life. When you see an upcoming event/activity on your “drains me” list, plan an activity from your “nourishes” me list to follow it.

# SELF-REFLECTION

## What Nourishes You

At home

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At Work

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Activities

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Experiences

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People

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Inspires you

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# SELF-REFLECTION

## What Drains You

At home

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At Work

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Activities

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Experiences

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People

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Thoughts of the Past

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# SELF-REFLECTION

What holds meaning for you?

At home

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At Work

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Activities

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Experiences

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People

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# SELF-REFLECTION

What activities would increase your feeling of fulfillment?

At home

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At Work

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Activities

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Experiences

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People

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Future Plans

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