
NOURISH TO THRIVE



PROGRAM WORKBOOK





Welcome!

Congratulations on beginning the journey towards your uniquely designed self-nourishment practice!

This workbook will guide you in exploring nourishment on the four holistic levels of Self: mental, physical, emotional, and spiritual.

For best results, keep this workbook handy as you navigate through your daily routines to record new insights and ideas along the way.

Use the reflection questions at the end of each section as journal prompts, in meditation, coaching conversations or however else you feel called to.

This is YOUR experience, all in service to your THRIVING
so be sure to have fun!

-Tasha W. Thomas

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What is Nourishment?



NOUR·ISH

Verb: To provide with the food/substances necessary for growth, health and good condition.

What does the word nourishment mean to you?

Write down key words, phrases and/or images that come to mind.

How do you know when something is nourishing for you?

Consider a past experience in which you felt deeply nourished. Describe the feeling. How did it impact your body, brain, energy, mood, etc.?



*The pathway to thriving
is through your mental,
emotional, physical and
spiritual nourishment.*

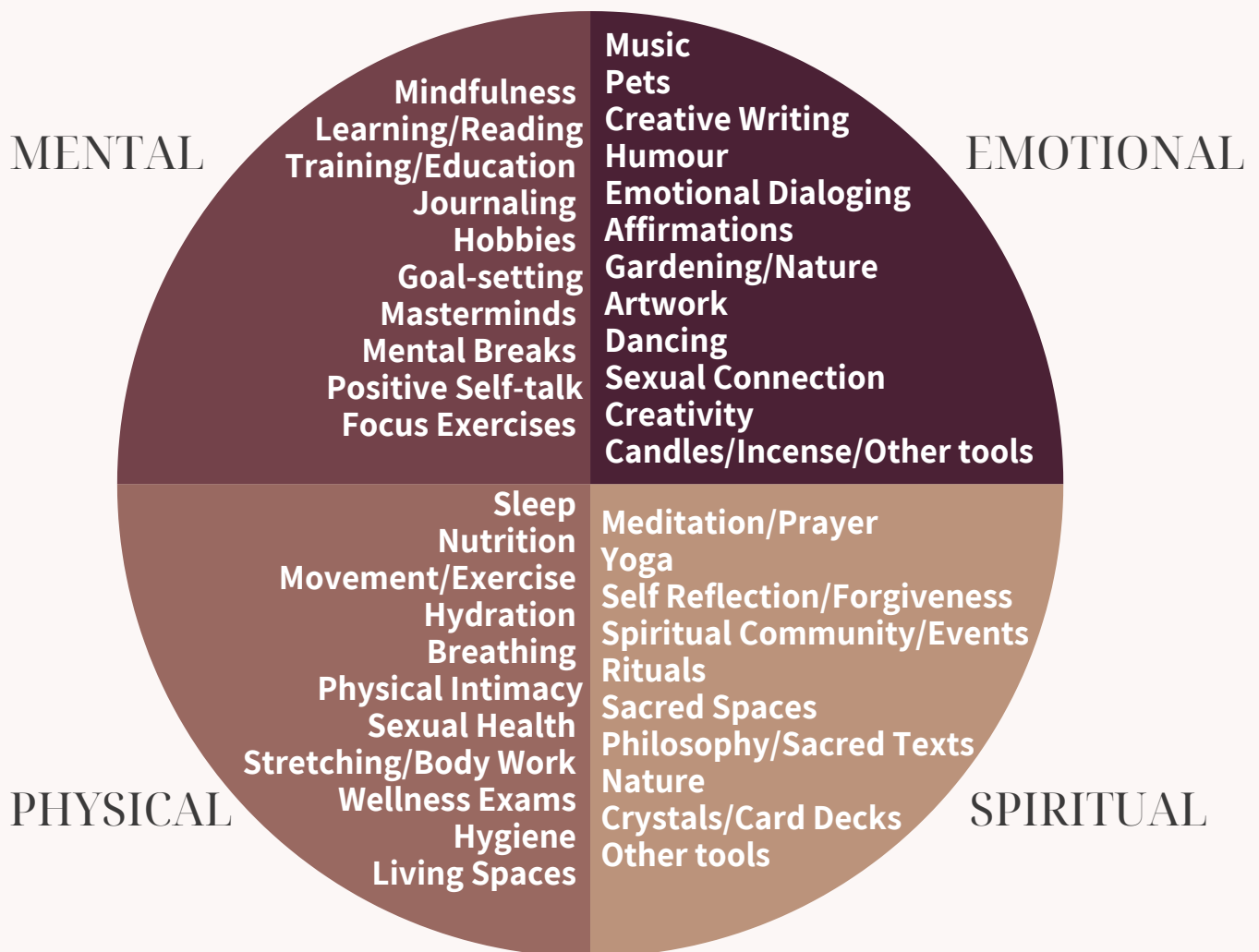
- Tasha W. Thomas



The Holistic Well Being Wheel



Taking a holistic approach to nourishment begins with first getting clear on how you define each of the four levels - mental, emotional, spiritual and physical. Thinking about each level as an individual part of Self creates the foundation for understanding what each part needs to be nourished. Below are some ideas of what you might associate with one or more of the holistic levels.



Your Holistic Well Being Wheel



Let's get more familiar with the specific elements that define your mental, emotional, spiritual and physical Self. This is unique to you and will be different for everyone. Use the Well Being Wheel on page 5 as a starting point and write down all the things you associate with each level of Self. Some things may fit into more than one category.

MENTAL

EMOTIONAL

PHYSICAL

SPIRITUAL

Reflection #1

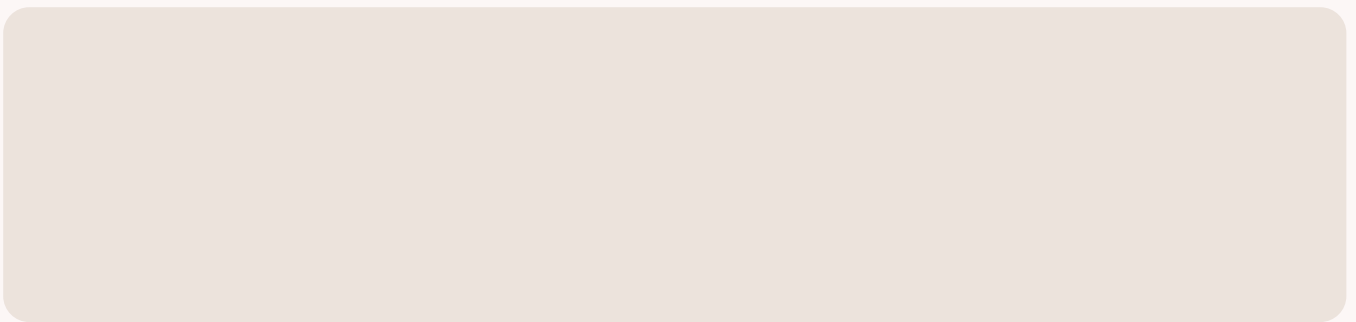
Which part of Self am I most connected to? Why? Which part of Self am I least connected to? Why?

MENTAL Nourishment

A nourished mind is a thriving mind.

How do you know when your mental Self is nourished?

Consider how your thoughts are impacted, your ability to focus, the nature/tone of your internal self-talk.

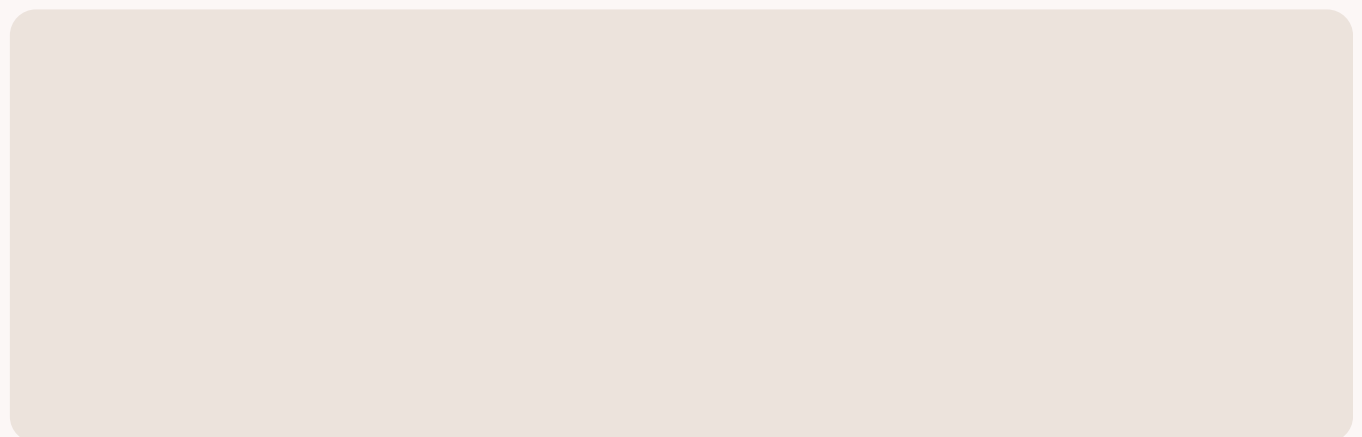


On a scale of 1-10, how nourished is your mental Self right now? ____

By the end of this process, on a scale of 1-10, how nourished do you want your mental Self to be? ____

What are some actions/experiences that are nourishing to your mental Self?

May include things you've experienced in the past, things you're currently doing, or things you intuitively know are nourishing.



Reflection #2

How does mental nourishment impact your ability to handle stress and uncertainty, if at all?

EMOTIONAL Nourishment

A nourished heart is a thriving heart.

How do you know when your emotional Self is nourished?

Consider how you feel, the state of your nervous system and your perception of the world as a result of those feelings.

On a scale of 1-10, how nourished is your emotional Self right now?__

By the end of this process, on a scale of 1-10, how nourished do you want your emotional Self to be?__

What are some actions/experiences that are nourishing to your emotional Self?

May include things you've experienced in the past, things you're currently doing, or things you intuitively know are nourishing.



Reflection #3

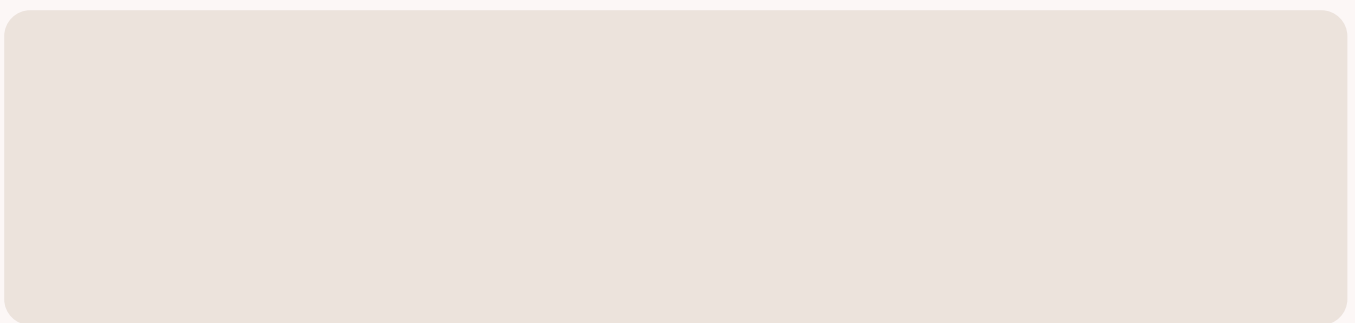
How does your learning about what it means to be emotional impact your ability to seek emotional nourishment, if at all?

SPIRITUAL Nourishment

A nourished soul is a thriving soul.

How do you know when your spiritual Self is nourished?

Consider your awareness of and/or connection to something greater than yourself, your faith, your sense of groundedness.

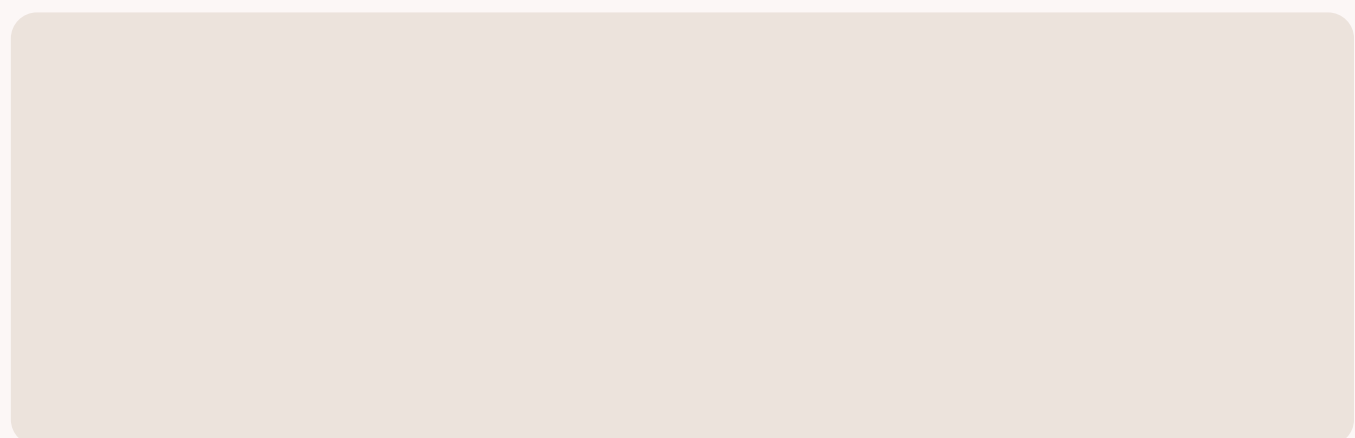


On a scale of 1-10, how nourished is your spiritual Self right now?__

By the end of this process, on a scale of 1-10, how nourished do you want your spiritual Self to be?__

What are some actions/experiences that are nourishing to your spiritual Self?

May include things you've experienced in the past, things you're currently doing, or things you intuitively know are nourishing.



Reflection #4

What is the relationship between spiritual nourishment and inner peace?

PHYSICAL Nourishment



A nourished body is a thriving body.

How do you know when your physical Self is nourished?

Think about the state of your body, digestion, mobility, energy levels and external physical environment.

A large, empty rectangular box with rounded corners and a light beige background, intended for the user to write their reflections on their physical state.

On a scale of 1-10, how nourished is your physical Self right now?__

By the end of this process, on a scale of 1-10, how nourished do you want your physical Self to be?__

What are some actions/experiences that are nourishing to your physical Self?

May include things you've experienced in the past, things you're currently doing, or things you intuitively know are nourishing.

A large, empty rectangular box with rounded corners and a light beige background, intended for the user to list actions or experiences that are nourishing to their physical self.

Reflection #5

How does your physical nourishment impact your ability to nourish the other three parts of Self, if at all?



*What you consume can
either be the most
powerful nourishment, or
the slowest poison.*

*- Tasha W. Thomas
remix Ann Wigmore*



What is Junk/Filler?



Junk/Filler refers to everything we consume or engage with that's devoid of nourishment and can often be harmful, damaging, and/or destructive. Most of us understand this experience on the physical level but have less awareness of what represents junk/filler for the other three parts of Self. Being deeply nourished means knowing our experience of junk/filler on all four levels and making intentional choices when it comes to our consumption and engagement.

How do you experience junk/filler in your body?

Consider the sensation and experience of consuming junk/filler and how it impacts you afterwards. How are these different?

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Reflection #6

What specific type of physical junk/filler do I turn to most often? Why?

Identify Your Junk/Filler



Brainstorm all the things you consider junk/filler for each level of Self. Pay attention to how consuming/engaging with these things takes you away from the sensation of being nourished.

What represents MENTAL
junk/filler?

What represents EMOTIONAL
junk/filler?

What represents PHYSICAL
junk/filler?

What represents SPIRITUAL
junk/filler?

Reflection #7

Which part of Self consumes/engages with the most junk/filler?
How does that impact the other three levels, if at all?



Strategize Your Junk/Filler

From your brainstorm on page 19, choose the most important kinds of junk/filler you want to reduce or eliminate from each or all of the four levels of Self. What's one strategy or solution that you can use to make this happen?

JUNK/FILLER

STRATEGY/SOLUTION



NOTES



*The best time to plant a
tree was 20 years ago.
The second best time to
plant a tree is today.*

- Unknown





Building Your Practice

Are there ways to nourish that impact more than one or all of the 4 levels?

What are the additional ways to nourish that are important to focus on (are a driver)?

How can you extract even more nourishment from those areas? Where can you incorporate them into your natural rhythms and routines?

NOURISH

MORE PLEASE





Building Your Practice

Not all nourishment can happen at the same time. Begin to frame your vision around it. What needs to happen and how often?

YEARLY

MONTHLY

WEEKLY

DAILY

NOTES

Building Your Practice



Additional Ideas

Use this area to capture any additional ideas you have for your nourishment practice.

- Add a nourishment question into my existing weekly planning
ex. How will I nourish myself this week?
- Create a mini challenge - 30 days of nourishment
- Track my progress (page 26)

Track Your Practice



Month:

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Transformation is a process, not an event.

Meaningful change can take time. Offer yourself grace and compassion as you explore and design your practice. Sometimes it's in the journey, not the destination that we receive our greatest rewards.

The Nourish To Thrive™ 6-week program offers 1:1 coaching designed to give you customized support in building your nourishment practice.

If you're interested in this deep dive approach or have questions during your nourishment journey, please don't hesitate to reach out!

Remember, you deserve to be fully nourished and thriving.

Tasha W. Thomas

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Additional Notes



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