



Nourish

THE JOURNAL

THE PRACTICE WITH DAPHNE LYON

NOURISHING THE WHOLE BEING

When all the parts of life are in balance, we feel nourished.

The Circle of Life is a great tool created by the Institute for Integrative Nutrition. There are two types of "food" that nourish our life, Primary food, which are 12 areas that feed our quality of life, and Secondary food, which is food from your plate. We nourish ourselves by both primary and secondary foods, and often the primary food of our life influences what and how we nourish ourselves from our plate. When the 12 areas of life are in alignment, we feel nourished, energized, and balanced.

Tune in: Place a dot within each element to indicate: satisfaction (toward the outside of the circle) and dissatisfaction (toward the center). Connect the dots to identify where you can bring more awareness and energy to cultivate better balance by nourishing the imbalanced areas of Primary food.



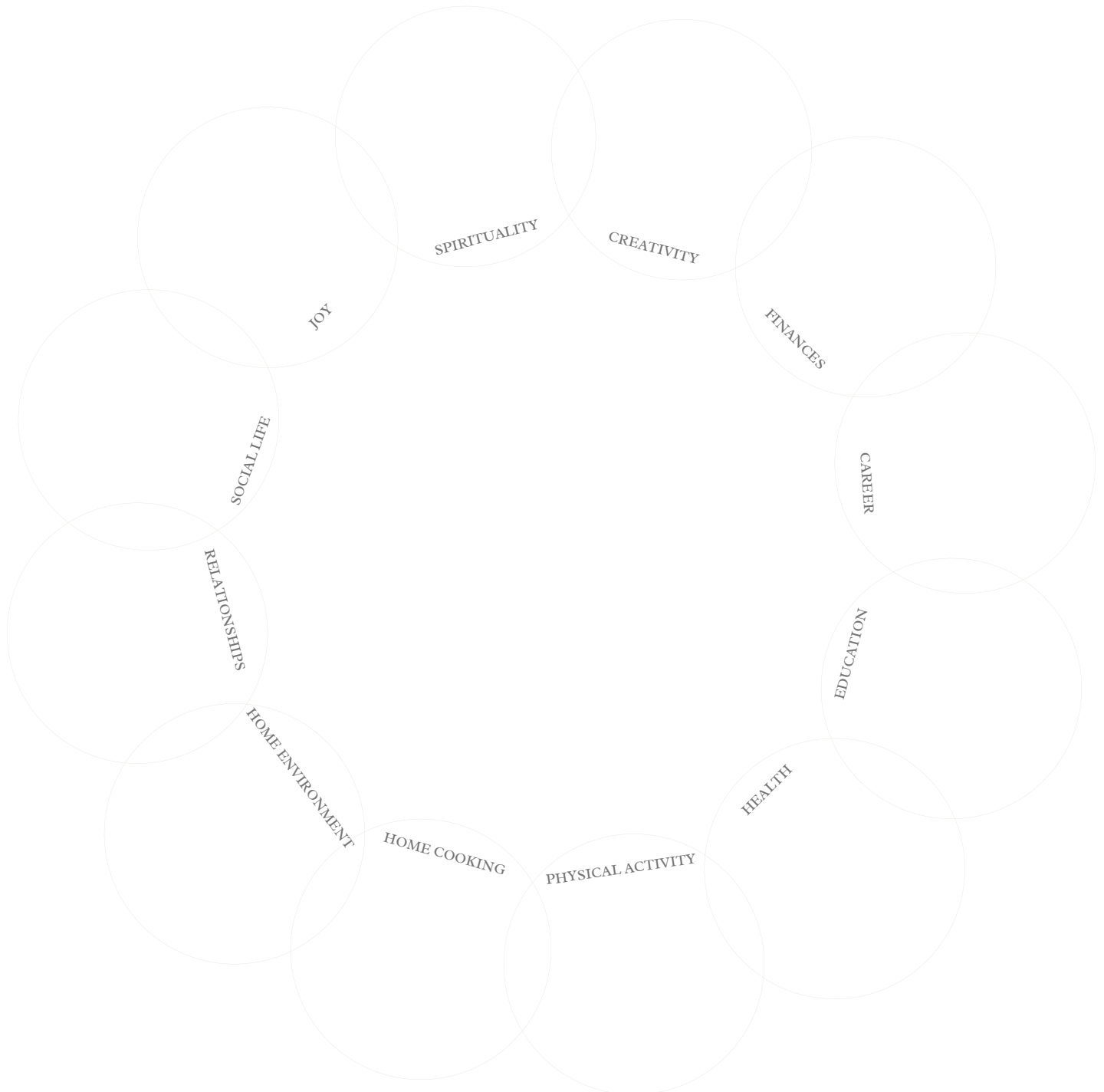
Nourishing Practices

Brainstorm: From the Primary foods wheel above, use the circles below to list, draw, or write about practices to incorporate into your life that will nourish the areas of Primary food that may be out of balance. Use the larger circles for the areas that are more out of balance and the smaller circles for the areas that are in alignment - listing what already works.



NOURISHING HABITS

Simplify: Choose one practice that will nourish your life for each aspect of your primary food.



INTENTION

I meditate first thing in the morning at 6:30am for 30 minutes.
