



You are designed to live a well-nourished life of wellness, purpose and connectedness.

1. **Check off** what is true in your life today.
2. Then **pray over** what next areas you think God is calling you to explore.
3. What one or two things could you be and do to bring more peace and ditch chaos in your life?
4. Circle one in each area you could do in order to ditch the chaos and find more peace. Those are your starting points. Contact me at nancy@nancyboothcoaching.com for additional support.

The journey starts with one step.

WELLNESS:

- Eat nutritious meals regularly (breakfast, lunch, dinner)
- Get regular exercise
- Drink plenty of water
- Get regular sleep and rest
- Get regular exercise
- Cut back sugar
- Cut back on highly processed foods

PURPOSE:

- Know my vision and purpose for my second-half of life
- Find things that make me laugh
- Know how to find peace and calm in the middle of chaos
- Choose to do fun and creative projects
- Negotiate and advocate for what I need at work or home
- Have meaningful or purposeful work
- Identify work/service projects/tasks that use my strengths
- Balance my work/volunteer load so that nothing is “overwhelming”

RELATIONSHIPS:

- Love God
- Love myself
- Schedule regular dates with my partner
- Make time to be with friends
- Ask for help when I need it
- Communicate with my family
- Notice my thoughts, beliefs, attitudes, feelings (mind chatter)

How's Your Design Journey to a Well-Nourished Life?

How many check marks do you have?

18-22 – Walking the journey

13-17 - Starting the journey!

8-12- Climbing out of the pot holes

Below 8 - Stuck in the mud