

# Worksheet: Nurturing Vs Depleting



Write down your daily activities, from the first thing you do in the morning to the last thing before going to bed. Then, mark whether each activity leaves you feeling nurtured, depleted, or both.

Activity	Nurturing	Depleting	Both

## Next Steps:

- Observe your ratio of nurturing to depleting activities (likely, you'll notice quite a few more depleting activities).
- Experiment with depleting activities by changing when/how/with whom you do the activity.
- For harder to change/avoid activities, consider people in your life who seem to do this activity without feeling exhaustion. Can they help you? Can you help them with their own depleting activities?
- Think about how you can work in more nurturing activities to try to find more balance. Consult [this list](#) for some fun and accessible suggestions.