

Nourishing & Depleting

See Chapter 3 for full instructions.

Categorise each activity as either nourishing or depleting – or use a neutral-N or a neutral-D if it's not entirely obvious.

Note that the same activities can feel nourishing and depleting depending on our mood, energy, and maybe other factors that you might want to consider.

Example:

Nourishing	Depleting
<i>Morning coffee break</i>	<i>Checking social media</i>
<i>Lunchtime walk</i>	<i>Daily/weekly report writing</i>
<i>Focus time on key projects</i>	<i>Rushing around</i>
<i>Creative thinking time</i>	<i>Household work and planning</i>
<i>Shopping</i>	<i>Shopping (food)</i>
<i>Supporting my team</i>	<i>Meeting with my manager</i>
<i>Gym/choir evenings</i>	<i>Appraising my team</i>
<i>Watching TV</i>	<i>Watching/reading the news</i>

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