



Session # 6: Action Guide

Adventure and Nourishment!

Adventure Menu: Honoring Your Inner Child

1

2

3

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6

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Session # 6: Action Guide

Adventure and Nourishment!

My Personal Nourishment Menu

1

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Adventure and Nourishment!

I am **most excited** for _____ and
_____ this week from my _____ menu
to fulfill my need for _____ (pleasure, relaxation,
adventure, etc).

I see my Adventure Menu being most useful when:

I see my Nourishment Menu being most useful when:

Action Steps I am continuing/up-leveling:

- 1.
- 2.
- 3.
- 4.

AHA/Notes:
