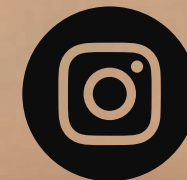


My Personal Nourishment Menu (Example):

1. _____ INVESTING IN HIGH QUALITY FOODS AND SUPPLEMENTS_____
2. _____ YOGA_____
3. _____ DANCE_____
4. _____ SENSUAL MASSAGE_____
5. _____ FACIAL_____
6. _____ A NEW PIECE OF CLOTHING THAT FEELS THE RIGHT KIND OF "EXTRA"_____
7. DEEP CONVERSATION WITH A GOOD FRIEND_____
8. _____ GETTING ENOUGH SLEEP_____
9. _____ GOING FOR A LONG WALK_____
10. TRYING A NEW RESTAURANT _____



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NOURISHMENT
MENU
:]

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