

Daily Soul Nourishment

I am Mindful & Attentive in completing as many Soul Nourishing Activities as I can each day.

Prayer/ Spiritual Devotion

Affirmations

Gratitude

Pleasure

Movement

Meditation

Hydration

Ritual Bath/ Shower

Intuitive Enhancement

(drawing a daily card, sigil making, throwing bones, rune tossing, scrying, etc)