



List of Inner & Outer Resources

Inner Resources

- listening to music
- being in nature
- reading inspiring books
- using essential oils
- burning incense
- drinking tea/coffee/smoothie
- feeling self-compassion
- journaling
- meditations
- friendships
- connecting with the Divine
- hugging yourself
- self massage
- taking a bath
- drawing
- dancing
- lighting a candle

Outer Resources

- getting a massage
- going to a yoga class
- scheduling sessions with therapist/coach
- joining a community
- having a conversation with a friend
- attending a workshop
- meditating with a group
- connecting with people who share your passion