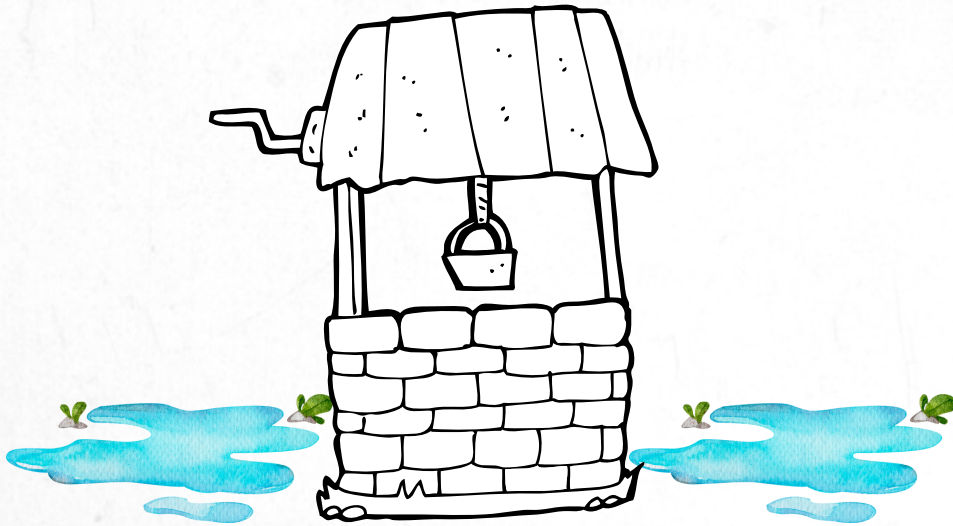


“you can't pour  
from an empty  
cup

- UNKNOWN -





# Replenishing your well

1 Grab your phone and schedule 3 x 15-minute slots into your calendar within the next 14 days.

a. Label slot 1 as: "Watch Ok Base Zero! Video class"

b. Label slot 2 as: Work through my "Needs Nourishing Worksheet"

c. Label slot 3 as: "Schedule, plan or take action on at least 1 of my Needs Nourishing Activities"

2. Once you've completed all this, review the additional resources outlined at the bottom of this webpage (this is being constantly updated with more relevant content). Pick 1-2 to work through based on what's most relevant for you: <https://www.stonechanges.com/thewellmetaphor>

If you have 121 Coaching, I will have suggested particular classes to work through based on our conversations.