

## Life Giving Experiences

Body/Exercise: Walking, Running, Swimming, Kayaking, Sports, Skiing, Rebounding, Healthy Eating, Plenty of Sleep, Time to Rest and Do Nothing, Hard Work

Earth: Nature, Sun, Animals/Pets, Horseback Riding, Gardening, Picking Apples/Pumpkins, Beekeeping/Honey, Climbing, Boating, Fishing, Hiking

MindBody/Mindfulness: Yoga, Tai Chi, Qigong, Laughter, Breathing Practices, Meditation, (MBSR - Mindfulness Based Stress Reduction), Yawning, Rocking, Sensory Toys, Compassion Practice, Gratitude Practice, Reflection, Freestyle Dancing, Guided Imagery, Candles, Essential Oils, Presence with Self, Facing Experiences & Emotions Head On, Movement Meditation

Creativity: Painting, Drawing, Doodling/Zentangles, Pottery, Dancing, Acting, Writing, Seeking Beauty, Photography, Crafts, Cooking

Mind: Curiosity, Learning, Exploring, Studying, Developing/Seeking Purpose & Meaning, Silliness/Children, Adventure

Relationships/Community/Connection: Social Engagement - Authentic, Loving, Meaningful, Helping Others

Place of Comfort: Internal happy/calm place, Lightstream, Breathing Practices, Bilateral Stimulation/Tapping, an External Place of Comfort in the Home or Nature, Grounded Self, Simplicity/Minimalism, Quiet/Time to Do Nothing

Characteristics: Loving, Forgiving, Respectfulness, Humility, Peacefulness, Kindness, Compassion, Self-Control, Gratitude, Generosity