

# Nurturer Lifestyle Plan

Welcome, Nurturer! You're deeply empathetic and fueled by the well-being of others. Your second act is about meaningful care, connection, and leading with your heart.

## Weekly Challenges:

- Volunteer once a week in a way that aligns with your values.
- Call or visit someone you've lost touch with - offer a listening ear.
- Host a casual tea or coffee catch-up with people you care about.

## Mindset Focus:

Self-care is not selfish - it's how you continue giving.

## Daily Energisers:

Begin your day with one affirmation of your worth and one small self-kindness.

## Connection Tip:

Start or join a circle of people who share stories or skills (like a story circle or wisdom circle).

## Purpose Builder:

Design a 'Care Calendar' with weekly intentions to show kindness to others and yourself.

## Call to Action:

Connect with fellow Nurturers inside Life Minus Work - let your compassion ripple out.

