# Nurturer Lifestyle Plan

## 7-Day Care Challenge

Day 1 - Take yourself on a solo outing (coffee, gallery, garden).  
Day 2 - Say 'no' to something you don’t want to do.  
Day 3 - Write a kind note or message to someone you love.  
Day 4 - Schedule something restful just for you.  
Day 5 - Cook or bake something just because you enjoy it.  
Day 6 - Let someone help you - and don’t apologise.  
Day 7 - Reflect on what it felt like to care for yourself this week.

## Connection Rituals

- Start a weekly check-in text with a friend or family member.  
- Plan a monthly shared meal or walk.  
- Join or start a community group that shares your values.  
- Leave small surprises or tokens of appreciation anonymously.  
- Write a list of people you miss - and reach out to one this week.

## Emotional Recharge Prompts

- What makes me feel safe and supported?  
- When was the last time I asked for help?  
- What kind of connection am I craving most right now?  
- Who sees me clearly - and how can I spend time with them?  
- What’s one way I can honour my own emotional needs today?