



hummingbird food

Nourish Your Soul, Live Whole

5-Day Nourishment

Experiment

★ **DAY 1:**

Think of a person, place or thing that gives you joy, inspires you, and/or relaxes you. This could be your significant other or best friend, a quote, a song lyric, a historical figure, a celebrity, your pet, a vacation spot, etc. Upload this person, place or thing to your phone and make the photo (or carry a wallet-sized photo) your lock/home screen image (for at least one day) so that every time you check your phone this image pops up, makes you smile, comforts and empowers you throughout your day.



Photo: Huntington Beach, CA

★ **DAY 2:**

Take 2-3 deep belly breaths first thing in the morning when you wake up. Next, write down 5 things you are grateful for. Make sure you write them down on a small piece of paper or on your phone - something you can carry around with you throughout your day and easily pull out and re-read any time you are feeling stressed, anxious, frustrated, overwhelmed, etc.

★ **DAY 3:**

Take a short walk outside, (even if it's from your car to your office building) pause, and gaze up at the sky. Take 2-3 deep belly breaths and soak in the warmth of the sunshine or the light from the moon and stars. Feel the breeze through your hair and on your skin, smell the air and listen to the birds chirp, watch the leaves blow and trees sway. Acknowledge the natural beauty that is always surrounding us and give a big THANK YOU to the Universe for providing such pure magic and energy that we have the luxury of enjoying whenever we choose.

★ **DAY 4:**

Pick out your absolute favorite plate or bowl, OR go to the store (\$1 store, Target, Walmart, etc.) and buy a beautiful plate/bowl - whatever speaks to you! Choose a meal (breakfast, lunch, or dinner) that you know you don't have to rush through - preferably one you can eat at home, or at a friend/loved ones house. Turn off the TV, put away all electronic devices, play soft music, light a few candles/burn some incense, and take your 2-3 deep belly breaths. Finally, after all is in place, SLOWLY eat your meal and savor the experience.

★ **DAY 5:**

Ask 3 close friends or family members to write down/email all of the qualities about you that they love and that make you unique in their eyes. Wait until you have all 3 responses and then read them together at the end of the day. **Journal** - What emotions came up for you after reading through? Did you find yourself in agreement? Were you surprised by what they said? Did it stir up any negative and/or positive emotions?



“Nourishment is the nutrients in our food, the taste, the aroma, the ambiance of the room, the conversation at the table, the love and inspiration in the cooking, and the joy of the entire eating experience.”

- Marc David, Founder of the Institute for the Psychology of Eating



Did this experiment leave you feeling curious? If you are ready to dig a little deeper, you can learn more about the services that I offer @ hummingbirdfoodlivewhole.com/your-journey. To schedule a session, please request an appointment on my Contact page! I look forward to hearing from you! :)