

REPLENISHMENT REVIEW AND EXIT STRATEGY

BASIC COMPONENTS		ADDITIONAL COMMENTS
Self-Fidelity		
Tale of Two Words		
The Philosophy and Practice of Replenishment		
Emergency Triage: Tending the Nervous System		
Renewal		
Peak Experiences and Play Dates		
Depth Work and Therapy		
Self and Others		
Thriving in Limitations		

/ yes you remember this content and you've got a good handle on it

X you can't for the life of you remember anything about it

? if you remember some

** an area you want to focus on

TOPICS		ADDITIONAL COMMENTS
Self-abandonment/saying yes to yourself		
Words and the stories – old and new		
Befriending Your Allostatic Budget		
Rest Is More Than Sleep		
Dr Dalton-Smith's 7 areas of rest		
The 7 S's of Rest		
Resets		
Recharges		
Revive: Returning to Creative Pursuits		
Generative Practices		
The Stress Response Cycle		
Establishing a new creative practice		
Peak Experiences and Play Dates		
Awe / Savouring / Anticipation		
Self and Others		
Co-regulation		
The drama triangle		
Gratitude		

Pets		
Forgetting		
Thriving in Limitations		
Stories around time		
Knowing where your time goes		
Prioritising what you love/refill you		
Where others erode your time		
Boundaries		

What was your story at the beginning of *Replenish* about the tending and prioritisation of yourself?

What is the new story you are taking out of *Replenish*?

What story would you ultimately like to be living?

Which key area from the 13 listed would you like to focus on next week?

What are 3 specific things you can do to refill in this area?

What do you struggle most with?

What strategies can you employ to assist with this?

What key area from the 13 listed would you like to focus on across April?

What story belongs to this? Old/new/emerging?

And what specific things will you do to refill?

What are you likely to struggle with? What's your strategy?
