

# S I M P L E A Y U R V E D A

## Cultivating a Deep Well of Nourishment

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*Grab a pen and your journal. Place your hands on your heart and take a deep breath. Connect to your inner essence as you explore these prompts.*

Who are you?

What are the conditions that support you to thrive?

What self-care practices feel like a chore and which ones feel truly nourishing?

What role does solitude play for you?

What would your ideal social life look like?

What nourishes you?

Where do you judge yourself?

What limiting beliefs are you ready to rewire?

### Resources

[Free 3-Day Ayurveda Challenge](#)

[Learn more about yourself in Dharma 2.0](#)

[Ojas masterclass + more in the Simple Ayurveda Collective](#)