

Your Personal Uplifting Resources ~ Thumbprint & Snapshot

Sometimes, it's helpful to stop and look around so we can see where we are on the trail before proceeding onward. This reflective exercise provides a 3-step process for exactly that. A way of pausing on the path, to locate and orient yourself within your own personal resourcing roadmap. Please, to begin... I invite you to sit down, relax in a comfortable place, and allow a little time and space for your discovery process. See what you find out, and what is uncovered about how you resource and uplift yourself.

1) What are your personal resources? Where, to whom or to what do you turn to, when needing a bit of support or lift? What specific experiences nourish and uplift you? Maybe it's going to a beautiful place you enjoy visiting, or spending time with a particular friend. Perhaps you have a favorite activity, or maybe you nourish yourself by simply relaxing in a hammock outdoors. Reflect for a few minutes: What brings you joy? When do you experience pleasure? How do you renew and rejuvenate yourself? List each activity, experience, practice, place, person, resource, etc. in the left-hand column below.

<u>Your Uplifting Resources?</u>	<u>How Often?</u>	<u>Enough/ More?</u>

To expand on your list of uplifting resources beyond the previous page, please, use additional paper. The more resources, the better! Keep going until you feel complete with your own unique list. Now that you've identified and listed these resources, you've begun crafting your own one-of-a-kind Personal Uplifting Resources Thumbprint!

2) Next, consider: How often do you currently give yourself the gift of these nourishing experiences and activities? Alongside each one of your listed personal resources, use the middle column to write down the frequency of that specific activity in your life. Is this particular experience a regular part of your life? How often do you do this activity ... daily, 2 x week, monthly, seldom, etc.? Now, if you'd like... give yourself a breath here. Refresh that cup of tea or take a stretch break, before we move on to the last step with this process.

3) In this third step, please, be gentle with yourself. It's best to refrain from over thinking things as there are no 'shoulds' here! Simply allow your truths about uplifting and nourishing yourself to emerge. Again, working down your personal list one by one, reflect upon each particular resource, gently inquiring: Am I already doing this activity enough for sustaining my own joy and wellbeing? Or...Would it be good to use this resource more frequently and more often nourish myself in this way? For those activities/resources that you'd like to increase and bring more into your life, simply mark an UP Arrow in the third column to signify your wish and intention.

YAY!... you've created Your Personal Uplifting Resources ~ Thumbprint & Snapshot!! Your **YPURTS** locates where you are on your self-resourcing journey. This information can be used to orient by, like referencing a map. It's also a guide, showing adjustments you might like to make and pointing towards where you might want to go next with nourishing yourself and strengthening your resources. You may find it helpful to step away for a day or two before returning to your written reflections, then with gentle curiosity contemplate: What do these **YPURTS** results show me? What does my **YPURTS** tell me about directions I'd like to go? See what your unique thumbprint and snapshot reveals about nourishment and uplifts as you make your way with keeping yourself well-resourced. Going forward, please, hold open the possibility for further insights and understanding to unfold from your experiences with this exercise.

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**Cultivating Buoyancy** ...is a practice for strengthening our capacity... to keep our center in times of turmoil, to remain afloat when loading pressures increase, to be nourished and sustained from the inside out.

Being Buoyant...in our lives is a direct result of how we relate with and experience the challenging parts of life. When experiencing difficult situations and events, we can sometimes feel a kind of heaviness or like a weight is bearing down upon us. Utilizing an Uplifting Resource, in such times, is one option for responding to lighten that loading pressure of what we're experiencing. There are multiple other possibilities for responding in difficult times, available to us as well. If you'd like additional resources and information on how to strengthen your buoyancy, please, visit my website and opt-in to my mailing list at the bottom of any page:

[www.cultivatingbuoyancy.com](http://www.cultivatingbuoyancy.com)