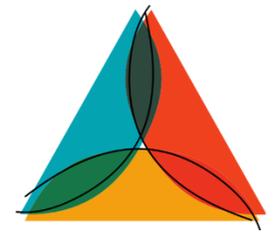


FIELD GUIDE TO THE FUTURE



nourish
INTERNATIONAL

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welcome to your brightest future

From school to work to life and everything in between, your life is full, and it will pass you by if you don't stop watching it happen to you. To help you plan and *own* your life and your future, check out our handy field guide featuring many helpful exercises and tidbits that are your first step toward the life you *really* want.

When you're done with the guide, give the Nourish staff a call for support in holding yourself accountable to your goals and brainstorming different ways of achieving them.



Visit www.nourish.org
> More
> Field Guide
for a recording that will guide you
through this field guide

recording coming soon



nourish INTERNATIONAL spring semester checklist

suggested actions

Vision

Take time to slow down + sit

Deep breaths

Envision your life in 20 years
(think unreasonably)

Journal on next page

Foundation

Write down your goals
(think bigger than school/work)

Choose habits to cultivate

Track them
(use the wheel on page 14)

Support

Tell someone about your goals

Find an “accountabili-buddy”
(hint: nourish staff?)

Read about someone you
admire

“This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one; the being a force of nature instead of a feverish, selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy.

I am of the opinion that my life belongs to the whole community, and as long as I live it is my privilege to do for it whatever I can.

I want to be thoroughly used up when I die, for the harder I work the more I live. I rejoice in life for its own sake. Life is no “brief candle” for me. It is a sort of splendid torch which I have got hold of for the moment, and I want to make it burn as brightly as possible before handing it on to future generations.”

- George Bernard Shaw

***Going 20 years out into my future... What is my brightest vision for my life? For society?**

What role do my habits play in this vision? What role does my leadership experience play? What role do I hope to play in society?

What do I think I will need in order to realize my brightest vision and fulfill my roles for the future?

vision

What are my personal goals?

Free write some possibilities in each category, then turn them into goals by re-writing them as reality, in the present tense.

(Example)

Possibilities: 1. Live in 5 different countries

2. Freedom to travel (financial well-being & flexible work)

3. True prosperity in my life (financial well-being, deep and meaningful relationships, fulfilling work, & freedom to travel)

Goals: 1. My work sends me all over the world and I move on my terms

2. I work remotely (or, I have the time and financial security to travel regularly)

3. I live in prosperity; I'm not stressed about money, I am in healthy & vibrant relationships, & I do what I love all over

quality of life:

health:

emotional life:

character:

goals

spiritual life:

love:

family:

community:

finances:

career:

life vision:



goals

What kind of leadership speaks to me?

Leaders I admire:

Qualities I admire:

Nourish Leadership Programs I Want + Need, & Why:

Student or Alumni

Chapter Leadership

Voting Board Member Positions

Committee Positions: Programs, Communications, Fundraising, Summer Institute, Governance

Alumni Specific

Facilitate a Nourish Circle

Nourish Circles: Alumni + Students that come together, accountability circles, topic-specific circles

Summer Institute Small Group Facilitators

Alumni Mentorship for a Chapter

leadership

How Am I Going to Leverage My Nourish Experience?



leverage

How Do I Want to Community?

- 1 listen for commitments*
- 2 listen for opportunities or feelings of “something’s missing”*
- 3 be present as my Charisma*

community

What do I need?

What do I provide?



needs

Charisma is a function of PRESENCE, being yourself, being where you are, with the people in front of you & doing exactly what you are doing. Here's how you can access your power & distinguish yourself in any situation.

My Charisma: What 4 unique qualities describe who I am as a contribution?

- They are innate to me, not compensations. They are reflected in my wishes for others.*
- They attract others to me, like a lighthouse.*
- They take care of people & projects (like a harbor), without draining me. It gives me energy & lights me up to show up as myself, in my personal power.*
- They are not just "how I want to feel." These are qualities are aspects of me, & I can access & share them regardless of my mood.*

The more you fill up on your charismatic qualities, the more you can powerfully overflow into the areas that are most meaningful. List them at the top of the chart. Below that, list activities that provide you with the experience of each quality, so that you can stay filled up.

Goal #1

Actions to take this week

Actions to take this month

Actions to take this summer

Daily + Weekly Habits to cultivate, to make fulfilling your goals inevitable.

goals

Goal #2

Actions to take this week

Actions to take this month

Actions to take this summer

Daily + Weekly Habits to cultivate, to make fulfilling your goals inevitable.

goals

Goal #3

Actions to take this week

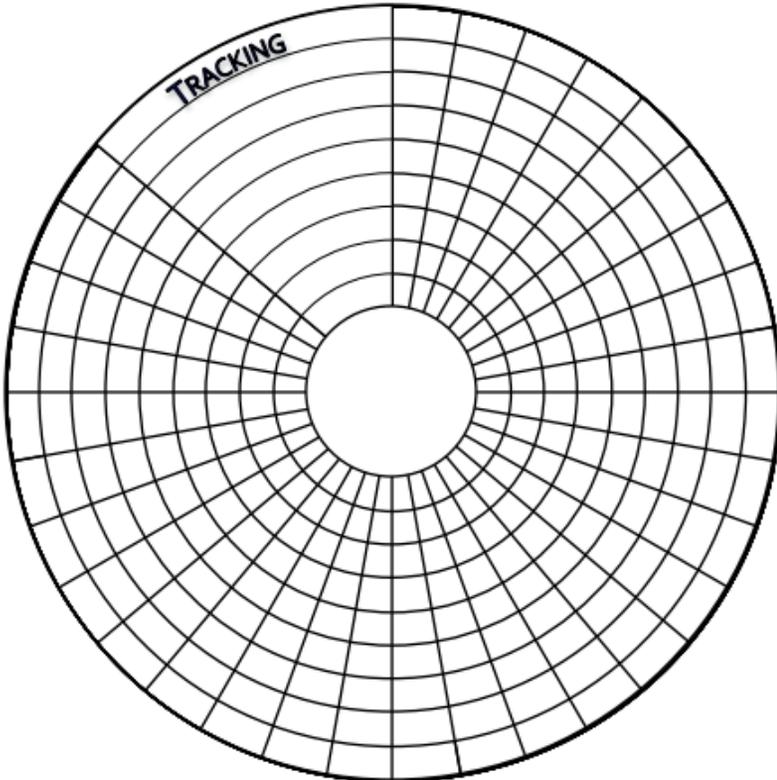
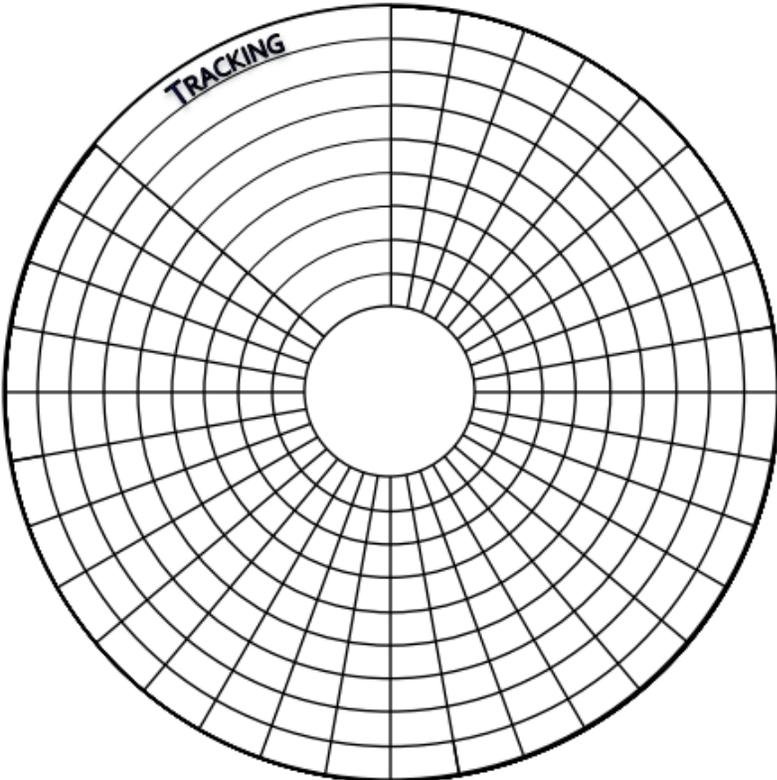
Actions to take this month

Actions to take this summer

Daily + Weekly Habits to cultivate, to make fulfilling your goals inevitable.

goals

Intention Wheels



intentions

12 Qualities of Genius

Any time you want to elevate, uplift, or expand something, or if you feel stuck, you can bring a bit of genius to change everything. Use it to immediately shift conversations, make space for new possibilities, & add value, velocity, & levity.

Curiosity

Playfulness

Imagination

Creativity

Wonder

Wisdom

Inventiveness

Vitality

Sensitivity

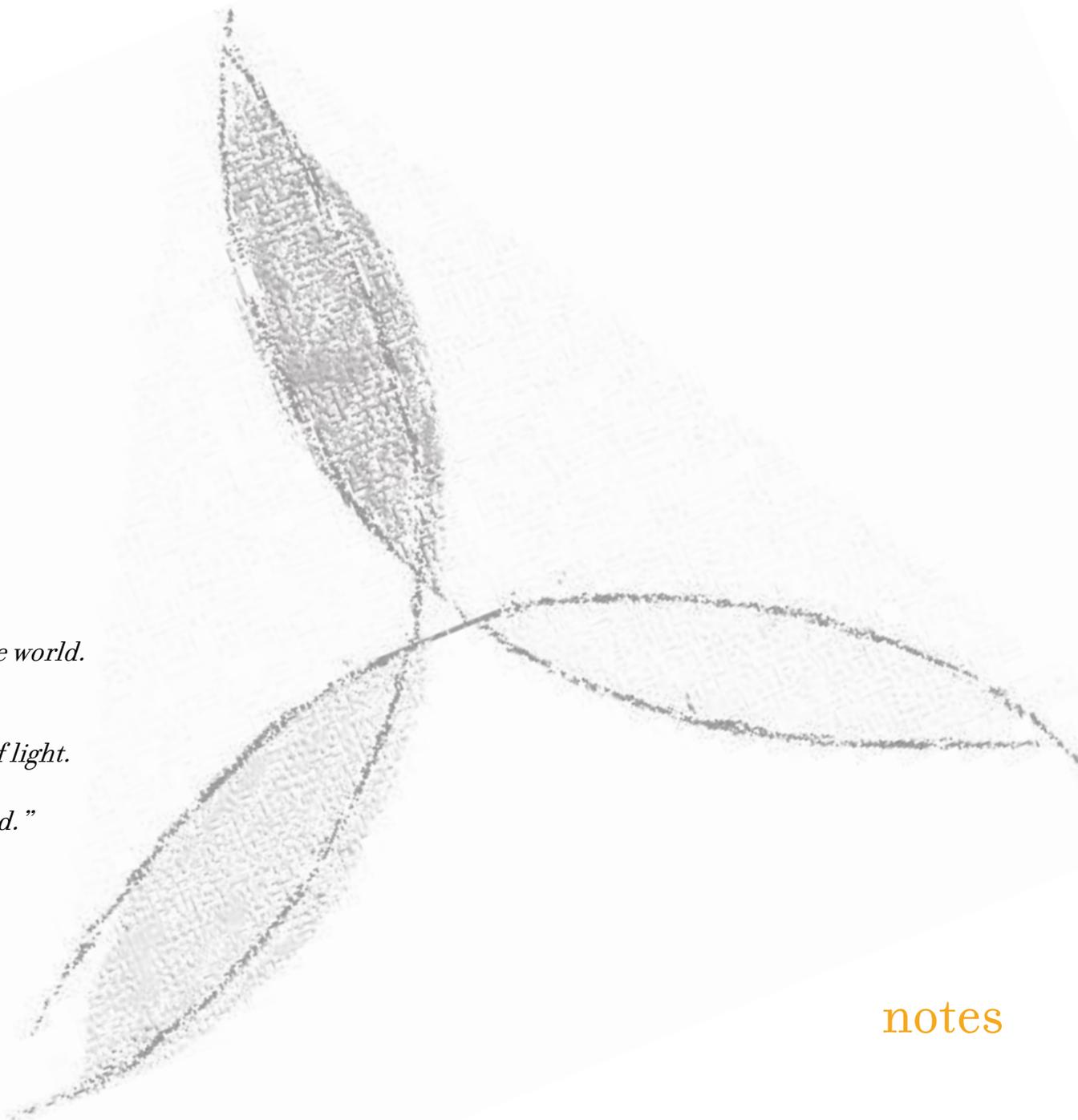
Flexibility

Humor

Joy



genius



*“Correcting oneself is correcting the whole world.
The Sun is simply bright.
It does not correct anyone.
Because it shines, the whole world is full of light.
Transforming yourself
is a means of giving light to the whole world.”*

- Maharishi

notes