



## Chapter Three Nourishment

### Reflection

1. When you think of nourishment, what examples come to mind?

2. What types of movies or television shows do you enjoy? How does this align or not align with your overall values?

3. When you think of your ideal partnership, what does it look like in terms of

-share of work

-share of happiness

-share of accomplishments



4. How does this look compared with your current partnership?

### Impact Work

1. List three qualities in your current or future partner that you find endearing:

a)

b)

c)

2. List three things that you have interest in learning about:

a)

b)



c)

3. Look up one learning website or course for each of the above and list them here:

a)

b)

c)