



Nurture Play Structure[©]

Healthy decision making does not start with Structure. In fact, starting with Structure can make decision making more difficult. This is because each of us hold competing priorities within us that can complicate decision making. We must first ask what we need (Nurture) and what we want (Play). The following exercise is designed to assist with decision making using the NPS Model.

Nurture: What are 5 things you need emotionally?	
1.	
2.	
3.	
4.	
5.	

Play: What are 5 things that will bring you joy?	
1.	
2.	
3.	
4.	
5.	

Structure: Pick three from above that hold the most importance to you - These are your top priorities. Allow these to direct you in your decision making.	
1.	
2.	
3.	