

Nurture Play Structure™ - Life Inventory Exercise

What are my goals?

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How do I currently use my...?

Time	
Money	
Energy	
Resources	

What am I willing to sacrifice from above to achieve my goals?

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Nurture, Play, Structure Model of Therapy™ as developed by Phillip Bass and Kristin Mastro of Riverstone Wellness Collaborative.

We all want the freedom to be ourselves, yet we are most afraid of being ourselves.

www.nurtureplaystructure.com