

Nurture Play Structure™ - Diary

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Monday																								
Tuesday																								
Wednesday																								
Thursday																								
Friday																								
Saturday																								
Sunday																								

Exercise:

This worksheet is designed to assist in exploring your NPS Balance. What hours are you receiving Nurture? What hours are you involved in Play? What hours are dedicated to Structure? To complete this exercise, you are asked to color in each hour of your week. Select one color for Nurture, another for Play, and another for Structure. For time that you are asleep, leave the space blank.

Results:

At the end of the week, count the number of hours you have colored on your diary. Record those numbers below:

1. I received Nurture for ____ hours.
2. I was involved in Play for ____ hours.
3. I dedicated ____ hours to Structure.

Discussion:

How are you feeling about your NPS balance? Are there any changes you would make?

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