**Playbook to Inject the Healthy Undercurrent of Nurturance**

*Mental or Physical Impairment Seed*



**“30 Day Nurture Thyself & Others” Campaign**

**Who:**

* Mom and Alexis
* Ginger & Aunt Lisa are the “Accountability” monitors.

**What:**

* Mom and Alexis will work together to identify 30 specific activities that they will each do to either nurture themselves one another or someone else.
* Mom and Alexis will enter their 30 specific activities on the calendar so that they can hold each other accountable.
* Everyone will meet each Sunday evening to discuss how the week’s nurturing activities went.

**When:**

* The first activity will begin on Monday, August 8 and the final, thirtieth activity will occur on September 16, 2011 (Mom and Alexis will not do an activity on Saturday and Sunday of each weekend).

**Where:**

* Dependent upon the activity

**How:**

* Mom & Alexis will coordinate their activities so that if they need to leave the house to do their activity, either mom will drive Alexis, or Aunt Lisa or Ginger will provide transportation.