

**Sigmund Transactional Analysis, Inc.**

P. O. Box 1273  
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**SUSTAINED CORRECT ACTION**

**Nutrients**: Consciously nurturing the self, other persons, work, play, and the environment.

**I. The Basics**

A. Diet

B. Exercise

C. Care of the body's physical needs:

1. floss and brush teeth
2. washing
3. care of hair
4. care of nails
5. dressing for appropriateness of situation and comfort
6. ongoing care; such as, new glasses, dentist, medical physicals, etc.

D. Rest/Relaxation

E. Exposure to positive, meaningful, uplifting materials and experiences:

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1. books
2. articles
3. movies
4. classes
5. lectures
6. workshops
7. Discussions

F. Creative endeavors

**II. Environment**

A. Interior

1. personal space
2. shared space
3. household management
  - a. buying food
  - b. preparing food
  - c. clean-up from preparing and eating food
  - d. trash management
  - e. maintance of vehicles

B. Exterior

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1. yard/property
2. Community

**III. Activity**

A. Correct vocation

B. Correct Avocation

C. Correct relationships

1. immediate family
2. extended family
3. care for and time spent with animal friends
4. friends
5. acquaintances
6. business associates
7. community

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