

**JOURNAL PROMPTS TO INSPIRE AN ENHANCED CONNECTION  
TO YOUR BODY, MIND, HEART AND SOUL**

Written by Contributing Writer: Alana Eastling

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# *ROOT*

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Each piece of my story has purpose. I give space to all that I am and all that I feel.

How can I practice connecting to my breath?

What truths about myself and my story keep me grounded?

Who can I turn to for love when I need support?

Who do I hope to be on the other side of healing?

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# *NOURISH*

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I am worthy of love and patience. I water myself tenderly to ease the flow through the discomfort.

Where and how could I cultivate a personal sanctuary?

In what ways can I better listen to what I need from moment to moment?

How can I intentionally fill my cup with love?

What practices foster a connection to my divine and highest self?

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# *GARDEN*

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**There is power in vulnerability. I bravely seek clarity of where and how I need to grow to heal.**

How can I incorporate movement into my daily practice?

What thought patterns do I no longer accept?

How can I reframe my story from an intention of empowerment?

What in my heart deserves forgiveness? How can I foster more trust in myself?

What lesson(s) is the universe trying to teach me through this experience?

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# *BLOOM*

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**The universe makes no mistakes. I welcome her lessons with gratitude  
and commit to being her humble student.**

How does my growth affect my environment and community?

How will these learnings from the universe influence my daily habits?

What am I most proud of in my journey towards my most authentic self?

How can I practice staying open to the flow of the universe?