Written by Contributing Writer: Alana Eastling

ROOT

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

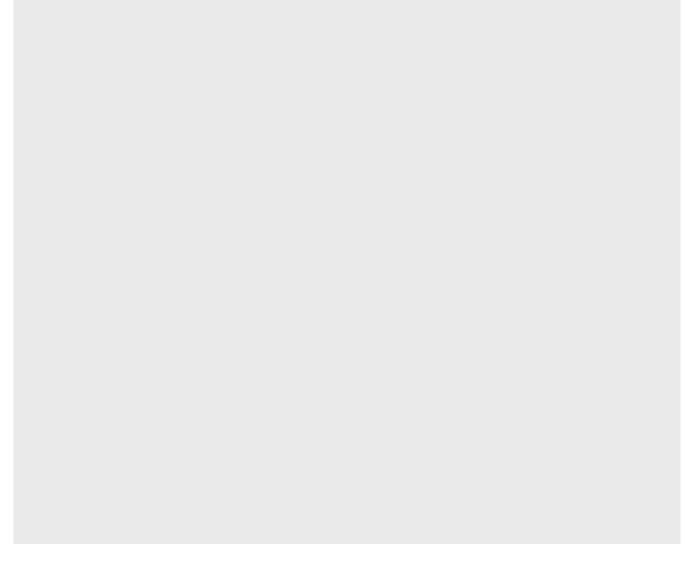
I am worthy of love and patience. I water myself tenderly to ease the flow through the discomfort.

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

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

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?