



CLOCK VINE
VULNERABILITY. BEARING ALL. FEARLESS OPENING.

REFLECTION QUESTIONS

What have I not wanted to confront within myself?

What makes me feel really vulnerable?

When has it been OK for me to share the deepest parts of me?

What am I about to step into + how is it aligned with my highest benefit or potential?

Take a moment each day, or even a set time once a week, to reflect on how you’re feeling, right now.
It can be just one or two words!

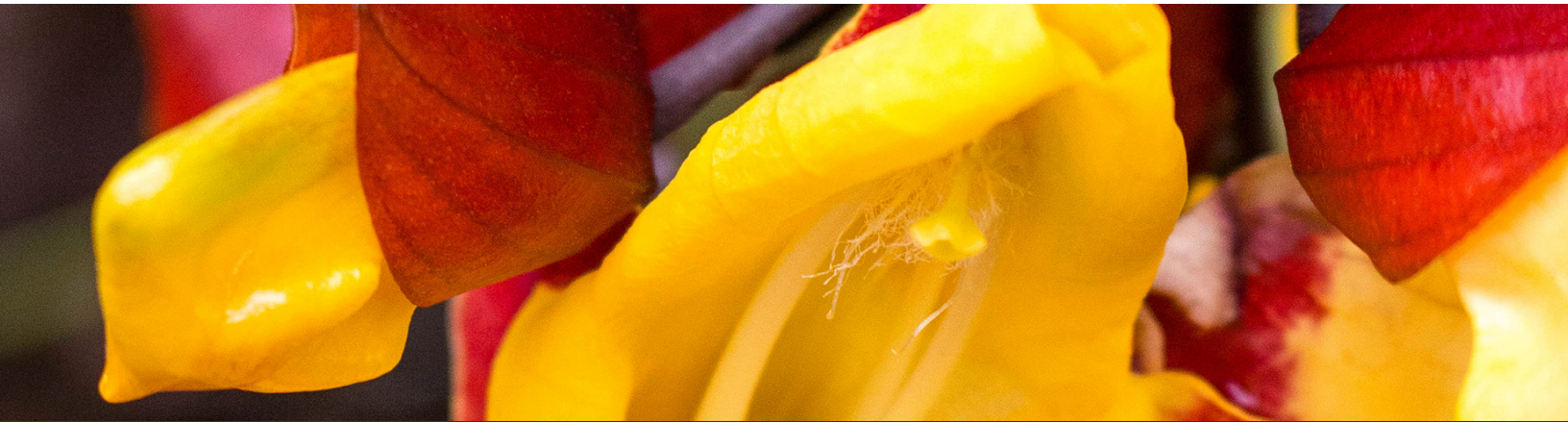
Carving out time for reflection, even just a minute each day, is important self-care and can help us
follow our growth with flower elixirs.

WEEK 1						
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WEEK 2						
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WEEK 3						
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WEEK 4						
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EXQUISITE PRACTICES

Practice 20 minutes of stream of consciousness writing each day to explore what is going on at the subconscious level of your being.

If you have a hard time emotionally, practice allowing yourself to fall apart or cry + feel the feelings. Just observe + feel vs. having to figure out, understand or do anything about it.

Give yourself permission to rest/sleep. Allowing your body time to reset is vital for processing whatever it is that to this point has been buried/hidden.

Reach out to others. Someone who can truly, deeply listen without giving advice. Someone you can sit with.

Cook yourself nourishing foods. Take time to take care of yourself.

If you were wildly courageous, what would you let go of + what would you step into/toward what would you move closer?