



DESERT MILKWEED

TRUST IN YOUR ENVIRONMENT. FREEDOM TO THRIVE. FEEL UNDERSTOOD.

REFLECTION QUESTIONS

In what areas/places in my life do I feel safe? Where do I feel judged or like I can't be myself?

What fears am I ready to release from my heart?

What does the most confident version of me look like?

What are the filtered views/stories I tell myself of how the world is? Am I ready to let go of any of these?

What is the most supportive aspect of my life right now?

Which areas of my life will benefit from not worrying about how others will perceive me?

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.

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| 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

Notice when you're wondering what others are thinking about what you've said/done. And just observe! Listen to Awareness Anchor for more instruction.

Sit quietly and make a point to invite all parts of yourself to be present. See if there is any aspect that has something to share.

Engage in creative outlets that require you to be 'seen' in some way. Share videos on social media, take selfies, write more. Notice how your perception of what 'others will think' shifts and plays out.

Desert Milkweed may activate certain stories around masculinity (themes of action, authority, generosity), both within yourself + your relationships. Which aspects/stories are negative? Which aspects/stories are positive?

Have questions? Need support? Email us: flowerevolution@lotuswei.com or call: 1-844-WEI-COOL, ext 708