



EMERALD CRAB
MAJESTIC EMERGENCE. SUPREME PEACE. UNITY.

WRITING PROMPTS

When does my curiosity of what I bring to the world overwhelm my fear of being enough? Have I ever experienced that?

What am I holding on to?

When do I feel like it's not safe to expose who I am or come out of hiding?

What situations or environments do I have the tendency to "crawl back into my shell"?

When do I experience supreme silence + peace? How can I invite more of that into my life?

What is my most precious work?

What is one way I could bring my greatest gift to the world?

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

You as majestic - what are you like?

Envision yourself as a crab. What impetus brings you out hiding? What makes you want to crawl back in?

Practice observing the space whenever you walk into a room or a new environment. Before interacting or speaking, see what it feels like to quietly observe the space around you.