



MEADOW CABBAGE
NOURISHMENT. GAIN TRACTION. FEED YOUR VISION

REFLECTION QUESTIONS

When do I feel like I need to do everything myself?

What does true self care look like for me?

What projects or situations do I feel like I keep putting effort into and not getting anywhere?

Where am I expanding/in what parts of my life am I ready for expansion?

What parts of my life would benefit from rest?

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 reframing any self talk around your big dreams and visions that implies they deplete you. What about your vision is inspiring + how can it be nourishing for yourself (and others)?

Notice when you're 'spinning your wheels' or feel like you're working-working-working and not getting anything done. In these moments, practice stepping back and asking yourself what you need. Is it food? Rest? Dinner with a friend? *Ask yourself and listen to what you have to say.*

Write out what nourishes you, separating into different 'buckets.' What do you do that nourishes you in regards to:

- Food
- Movement
- Time alone
- Time with others
- Work
- Play/downtime

How can you incorporate those nourishing aspects into each bucket on a regular basis?

If you feel the need to take a break, take it. You'll find that when you allow the space to rest + reset, you'll suddenly realize exactly what you need to do next.