



SKYROCKET

CLEAR BOUNDARIES. MENTAL SHARPNESS. FIERCE AWARENESS.

REFLECTION QUESTIONS

Who in my life drains my energy?

When do I feel taken advantage of?

Are there any situations in which I feel undervalued?

Is there anyone who I've held my tongue around for fear of hurting their feelings?

Who comes to mind with the words: energetic parasite?

When do I engage in self-doubt?

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

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

Whenever someone asks for something from you (time, energy, money, effort, etc.) give yourself time before responding. Check in with yourself - Is this beneficial? Is this something I want to do? Will I resent or regret saying yes?

Stream of conscious write out every situation in which you've felt taken advantage of, undervalued or in which you feel you sacrificed some part of yourself. Is there a common thread in these situations?

Sit quietly with yourself when you find self-doubt or insecurities bubbling up. Let yourself lean into the feeling - where does it live within your body? What is the texture? Does it have a scent, a color, a shape? Breathe into it. Stay with it as long as you're able. Envelope that part of yourself with love, compassion + warmth. No judgement. Just observation + gentleness.