



SUGARBOWL

SELF-TRANSPARENCY. MINDFUL CURIOSITY. CLEAR-SEEING.

WRITING PROMPTS

What does the boldest version of myself look like? What scares me about that?

When do I veil myself in the presence of others? When do I keep things veiled from myself?

What parts of myself am I fearful of letting be expressed, particularly because I fear they will 'get me into trouble' or take over?

What truths am I keeping from myself?

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

Think of traits/habits/ways of being in *others* that drive. you. crazy. Write them out. Now, *without judgement*, reflect on ways you yourself participate or act in similar ways, though the expression may be different.

Has there ever been a time when you've frightened yourself? Reflect on that experience. Was there an emotion or expression you didn't know existed? Was there a power or ability expressed that you weren't sure how to wield? How did that experience(s) shape how you interact with yourself and others?

Sit quietly in whatever position is comfortable. With your eyes closed, scan through your body, slowly and with judgement. **Is there a place, physically, that seems hidden, dark or veiled?** Sit with that space and explore it with gentle curiosity. Is there an emotion that lives there? A certain expression of yourself? Stay with this space as long as you can, but don't push yourself. Bring your awareness back to this physical location periodically, and get to know it. You may surprised by what you learn.