

# REFLECTIVE questions

Pick one word to be the theme for you this week (ex's: expansion, harmony, adaptability):

## Reflection on Balance

In what ways do I feel out of balance between my physical and spiritual growth? What is one step that I can take today to help align the 2?

## Intentional Actions

What current habits or actions in my daily life are truly serving my growth? Are there any that I feel are holding me back?

## Defining Roots

What practices or experiences make me feel grounded and connected to my inner self? How can I incorporate more of these into my routine?

## Navigating Challenges

When facing challenges or setbacks, do I lean into action or pull back into reflection? How can I create space for both to support my growth?

## Visualizing my Transformation

If I imagine my most aligned, balanced self, what does that look like and feel like? What small steps can I take today to move closer to that vision?

## Visualizations to try this week...

### Rising from the Soil (deeply grounding)

Close your eyes and picture yourself as a seed planted deep in rich, fertile soil. Feel your roots spreading out, deep into the earth, anchoring you firmly. Imagine yourself sprouting upward, breaking through the surface and into the bright, warm sunlight. With each breath, you see yourself growing stronger, taller, and more vibrant- transforming into your fullest potential.

### Shedding the Old (transformational)

Close your eyes, and visualize yourself wearing a heavy, worn out piece of clothing that represents your limiting beliefs or old patterns. Imagine gently removing the piece of clothing and letting it fall away. Notice how it feels to shed the heaviness, and how light you feel. As you take a deep breath, allow the freedom and space to fill you. You stand tall, feel empowered and ready to embrace the new version of yourself that is free from old constraints, and open to the energy of growth and transformation.

### The Path of Awakening (growth)

Close your eyes and imagine yourself walking along a peaceful, winding path through a beautiful forest. The trees are lush and green and with each step you take, the path ahead clears, revealing more possibilities in your journey. As you keep moving forward, you feel a sense of calm and purpose, knowing that each step brings you closer to your true potential. You trust that the right opportunities and insights will unfold before you in perfect timing. You feel grounded, and open to all the growth ahead.

## An intention for your crystals:

"As I hold this crystal, I invite its energy to support my journey of transformation and growth. May it help me release the old, embrace the new, and align with my highest potential, guiding me toward balance and healing."