



Honey  
&  
Sage Co.

I DEVELOP IN  
LIMINAL SPACES.

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JOURNAL

SELF CARE IS SOUL CARE.

**HOLY WELLNESS**  
WITHOUT JUDGEMENT



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# I DEVELOP

I DEVELOP in the spaces in between.

These are the growth plates  
where I make powerful choices  
about who I am becoming.

Fear is only useful as an emotion of caution.

It will not LIMIT or deter my choices.



HOLY WELLNESS





What is the physical state of my liminal space telling me?

.....

.....

.....

What is the emotional state of my liminal space telling me?

.....

.....

My Strength

.....

.....

My Vulnerability

.....

.....

Desired Feeling/Emotion

.....

One Goal

.....

Self-care Action

.....

.....

Relationship Action

.....

.....

Additional Action

.....

.....

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