March

REFLECTION PROMPTS

Give yourself time and space to quietly reflect on the prompts below. You might like to light a candle or incense and make yourself a cup of a tea to set the mood.

Give yourself permission to write what comes to mind without judgment. Dig deep, be honest, and allow your answers to flow. What you uncover will help you make better decisions that align with your values and support your wellbeing.

Try to keep your monthly reflections in the same place. You may choose to complete this ritual in your journal or the lined pages ahead.

1.What emotions have you been feeling this month and why?

2. What is one thing that drains you on a regular basis? How can you realistically remove this from your life, or create boundaries around it?

3. Reflect on what you've said "yes" to recently that you later regretted. What will you start saying "no" to for your own physical, mental and spiritual wellbeing?

4. What self-care activities and rituals have you enjoyed recently or would you like to commit to doing?

5. What word, quote or mantra can you lean on to guide your decisions and actions over the next 30 days?

Saint Belford

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