

B E G I N : Take a moment to close your eyes and breathe until you feel grounded.

List 5 things you are G R A T E F U L for:

How do you feel in this V E R Y moment?

How do you want to F E E L ?

What are you W A N T I N G most in your life right now?

What are you most E X C I T E D about?

What are you ready to R E L E A S E ?

What seed are you ready to P L A N T ?

If it boils down to one word: What is that O N E W O R D ?