

SELF-REFLECTION



Reflect on various areas of your life and your current situation. Are you satisfied with where you are? If not, what steps can you take to align yourself with the life you aspire to and truly deserve?

Balance

In what ways do you nurture your body, mind, and spirit, and where do you notice any imbalances that need attention?

Lifestyle

How do your daily activities and routines reflect your values and priorities, and are there any adjustments you can make to better support your overall well-being?

Flow

When do you feel most immersed and engaged in what you're doing, losing track of time?

Awareness

What beliefs or ideas have you acquired that may be misleading, and how can you challenge or unlearn them?

IN YOUR *element*
WELLNESS

Connection

Describe an experience you have had in nature that has moved you.

Intention

On a scale of 1-10, where are you in terms of the life you want to be living?

Self

How do you define self-love, and what does it mean to you to have a healthy relationship with yourself?

Purpose

What activities or experiences bring you a sense of joy, fulfillment, and authenticity?