

Spill the Tea Vision Board Check-In

Wellistics

Welcome to Our Reflection Celebration!

Today's Purpose:

- Reflect on the goals you set earlier this year.
 - Reconnect with the elemental intentions: Earth, Water, Fire, Air.
 - Realign your vision for the new quarter.
 - Celebrate your progress and plant seeds for what's next.
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Quick Elemental Refresher:

✨ Earth — Stability & Foundation

- How are your finances, health, and daily routines supporting your vision?

🌊 Water — Emotions & Communication

- Are you expressing your emotions authentically and flowing with life's changes?

🔥 Fire — Passion & Motivation

- Are you nurturing your passions and keeping your inner fire alive?

💨 Air — Thoughts & Integrity

- Are your thoughts, actions, and goals aligned with your highest truth?

Today's Reflection Prompts:

1. **What vision still feels true for me?**
2. **Where have I grown the most?**
3. **What element needs more attention this season?**
4. **What is one action I will take moving forward?**

Ritual for Realignment:

- **Pause:** Take 3 slow, deep breaths.
- **Reflect:** Choose one element to focus on this quarter.
- **Affirm:**
"I honor my journey. I move forward with clarity, passion, balance, and flow."

Special Gift:

 Download your **FREE Vision Board Checkpoint Mini-Book** for deeper exploration!

Thank You for Being Here!

Together, let's dream bigger, live truer, and move forward intentionally.

 Hosted by **Kyra Jackson**, Holistic Wellness Nurse & Founder of Wellistics
