

Be The Sequoia Coaching, LLC

# Rooting Into Yourself

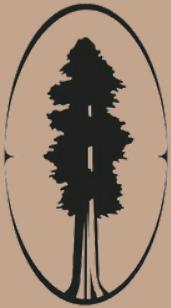
## A January Reflection Tool



Reflections of A Life Coach

5 Minutes of Authenticity  
with Prittha





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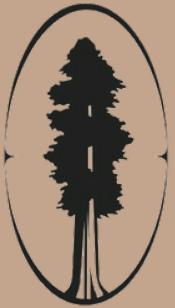
# Why Rooting Matters

Rooting is the quiet work that makes everything else possible.

It's how you begin the year with clarity and steadiness, instead of pressure.

This year, before you grow upward,

grow inward.



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# What does Rooting Mean?

Rooting is NOT about doing more.

Instead

Rooting is RECONNECTING

with

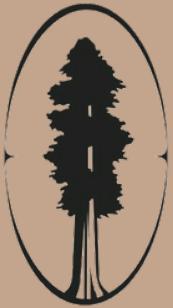
Your values

Your needs

Your inner wisdom

Your emotional truth

Your AUTHENTIC SELF



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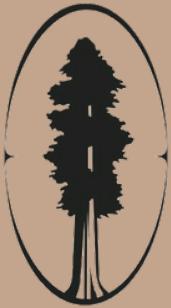
**Where do you feel most grounded  
in your life right now?**

**What/Who are your natural  
anchors?**

Who are your Go-To people? Why?  
What are some places that center  
you?

Which practices help you focus  
inwards?





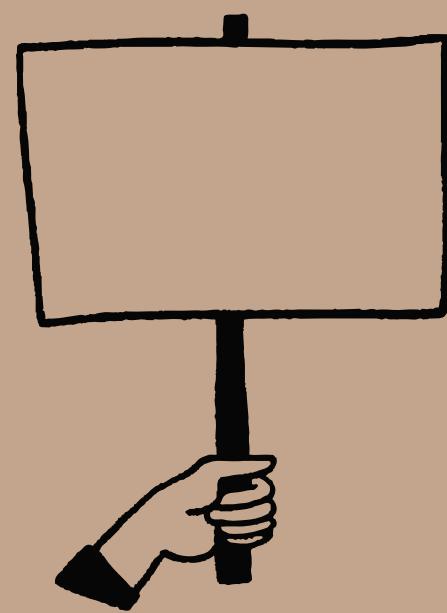
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**When and where do you feel  
uprooted or unsteady?**

**What makes you feel off center?**

Are there roles that uproot you?  
Are there expectations that stifle you?  
Do you see specific patterns that shift  
you from being your  
**AUTHENTIC SELF?**

Take a moment to  
**RECOGNIZE THEM!**





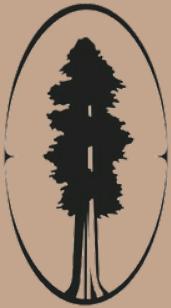
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**What is the ONE ROOT you want to  
strengthen this month?**

Self Trust  
Boundaries  
Mindfulness  
Self Care  
Mindset  
Pause

*today  
I CHOOSE  
joy*





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# **What nourishes your roots?**

**Movement  
Long Walks  
Journaling  
Rest  
Nature  
Stillness**





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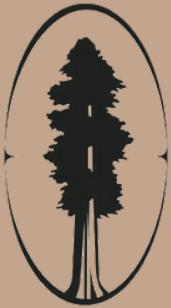
# **What drains your roots?**

**What habits leave you feeling empty?**

**Are there expectations that deplete you?**

**Identify patterns and name them.**





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## **CALL TO ACTION**

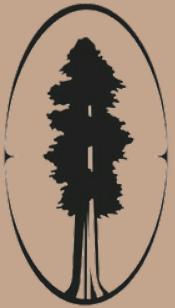
Having reflected on this, what is  
**ONE THING**  
you can do to make you feel  
rooted this week?

Write it down.

Make it happen.

How did it make you feel?

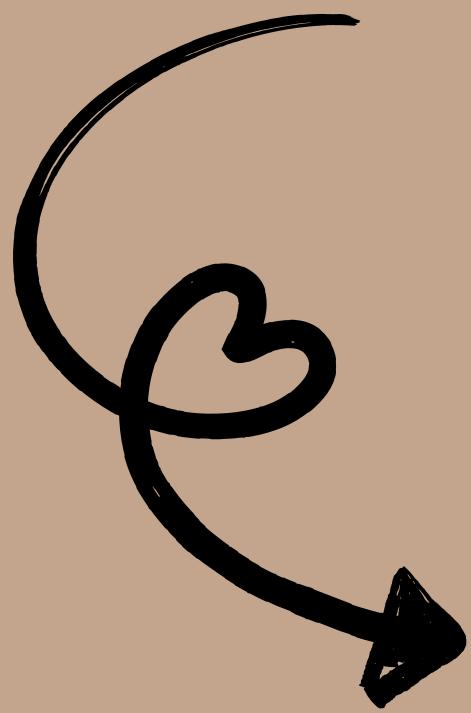




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# STAY CONNECTED

Tap Below to Listen to more on  
Rooting Into Yourself



Reflections of A Life Coach

5 Minutes of Authenticity  
with Pritha



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