



Be The Sequoia Coaching, LLC

Rooting Into Yourself

A January Reflection Tool



**5 Minutes of Authenticity
with Pritha**

Reflections of A Life Coach





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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?





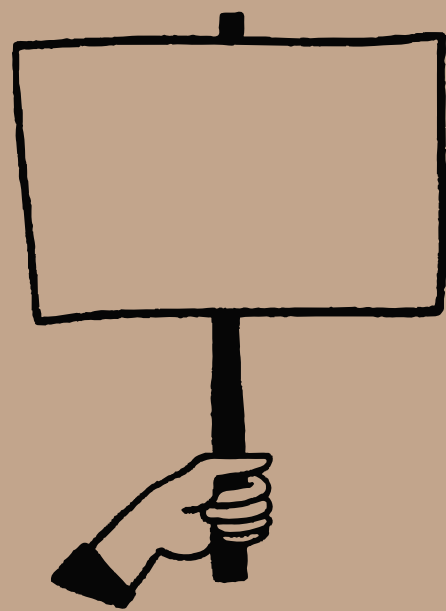
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**When and where do you feel
uprooted or unsteady?**

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



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