

TENDING TO MY GARDEN



SPIRITUAL

WHAT CAN I DO TO AMPLIFY MY SPIRITUAL CONNECTION TODAY?
HAVE I MEDITATED TODAY?
DID I PRAY TODAY?
HAVE I EXPRESSED GRATITUDE TODAY?

DREAMS

WHO DO I ENVISION MY HIGHER SELF TO BE?
WHAT ARE MY DREAMS?
HOW CAN I NURTURE MY DREAMS TODAY?
WHAT DREAMS DON'T ALIGN WITH MY DESIRES?
HAVE I ALLOWED MYSELF TO FLOW WITH THE CREATIVE PROCESS TODAY?

HEALTH

HAVE I PROVIDED MYSELF WITH NUTRIITION TODAY?
HAVE I BEEN LISTENING TO WHAT MY BODY IS WANTING?
AM I EATING WHEN HUNGRY?
WHEN FULL?
IF I AM EATING WHEN I AM HUNGRY, AM I ANXIOUS?

EMOTIONAL

HAVE I ASSESSED HOW I FELT TODAY?
HOW CAN I BETTER UNDERSTAND MYSELF EMOTIONALLY TODAY?
AM I FEELING BEFORE SPEAKING?

DESIRES

ARE MY DESIRES ALIGNING WITH MY INTERESTS?
DO I UNDERSTAND MY DESIRES?
WHEN I FEEL A DESIRE, AM I CHECKING TO SEE WHERE MY VIBRATION IS? AND DO THEY FEEL THAT THEY ARE COMING FROM A HIGHER PLACE?

PHYSICAL

HAVE I TAKEN CARE OF MY PHYSICAL NEEDS TODAY?
HAVE I STRETCHED TODAY?
HAVE I WALKED TODAY?
HAVE I TAKEN NEEDED SUPPLEMENTS & VITAMINS TODAY?
HAVE I TAKEN ACTION TO HEAL WHAT HURTS TODAY?

HAPPINESS

AM I HAPPY TODAY? IF NOT, HOW CAN I BE THERE FOR MYSELF?
HOW CAN I HIGHER MY VIBRATION TODAY?
AM I SEEKING OUT POSITIVITY OR AM I EMBRACING POSITIVITY?
HOW CAN I TEND TO MY HAPPINESS AFTER SORROW?

MENTAL

HAVE I HAD A MENTAL CHECK-IN TODAY?
AM I FEELING ANXIOUS TODAY?
NEUTRAL? PLEASANT?
HOW CAN I BE PRESENT FOR MY MENTAL HEALTH TODAY?

LOVE

AM I HOLDING ONTO OLD BELEIFS ABOUT LOVE?
HOW CAN I EMBODY LOVE TODAY?
HOW CAN I SPREAD LOVE TODAY?
HOW DO I WANT TO EXPERIENCE LOVE TODAY? HOW CAN I GIVE THAT BACK?
WHAT IS LOVE TO ME?
DO I FEEL OPEN TO LOVE TODAY?

GOALS

HOW CAN I GOAL SET TODAY?
HOW DO I WANT TO GOAL SET?
DO I FEEL OVERWHELMED TO SET GOALS TODAY?
HAVE I REFLECTED ON INTENTION TODAY?
HAVE I ACHIEVED A GOAL IN THE PAST 3 DAYS?
HOW CAN I ACHIEVE AT LEAST ONE GOAL TODAY?

WEALTH

AM I ASKING MYSELF 'HOW DOES THIS PURCHASE BENEFIT ME'?
HOW CAN I IMPROVE MY FINANCES TODAY?
AM I SPEAKING KINDLY ABOUT MONEY?
HAVE I THOUGHT POORLY OR HIGHLY ABOUT MY FINANCES TODAY?
HOW CAN I SPEAK HIGHLY ABOUT MONEY AND HOW CAN I IMPROVE MY RELATIONSHIP WITH MONEY TODAY?