

Self-Assessment

When is one time you can incorporate grounding into your life?

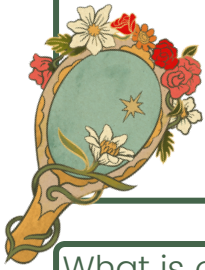


What is one thing you can do to make your house feel safer, more comfortable for you and your family?



Self-Assessment

Where can you create sacred space?



What is one act of self-care you can engage in once a week that will help you feel more magical?

