

Grow With Flo

Counseling and Doula Services

Daily Radical Radiance Ritual

Gratitude

Present

- _____
- _____
- _____
- _____
- _____

Future

- _____
- _____
- _____
- _____
- _____

Intuitive Guidance Journaling Prompts

place 2 fingers to the center of your chest, take a breath, and then with each Point Of View below, say "I am no longer (your name) I am (whatever POV you choose from below)"

- My inner child (wishes I____, wants me to understand __, says ____)
- My loved ones
- My radiant, aligned self
- My higher power

Activation

See your vision/goal/desire - step into as if it is happening now - feeling the energy of it in your body, feeling the emotions, and noticing your beliefs. Create an affirmation from this experience

I _____
ie: "I am a clear channel. I feel giddy and powerful. I truly love myself"

_____ stands in the way

ie: The belief that I can't do this, my racing heart and a sense of freezing up stands in my way"

If external, ie: My partner/housing situation/ job stands in the way. Try to turn it into the way it impacts you internally.

For example, "my housing situation makes me feel stressed." becomes "stress stands in the way"

This can become the subject of some IFS or somatic exercises

3 activities I can do today
that activate the energy of my affirmation

- _____
- _____
- _____