

SEED OF SOUL
A 13-moon Journey of Soul Care

Seed Three

Soul Theme: Cultivating Your Story

Intention: Choose the stories that nourish who you are becoming.

 Reflect

After experiencing the guided meditation and Sound Journey, take some quiet time to reflect.

There are no right or wrong answers. Let your thoughts come naturally. You don't need to find an answer—simply notice what arises.

What stories have shaped the way I see myself and the world around me?

What stories have nourished me and helped me become who I am today?

Are there stories I continue to carry that no longer reflect who I am becoming?

How have the stories I believe influenced the choices I make or the way I move through the world?

What stories do I want to cultivate as I move forward?

 CULTIVATE YOUR STORY

The story I want to continue nurturing is:

A story I am ready to see differently is:

One small way I will begin living the story I want to cultivate is:

Remember

You don't have to reject the soil you came from to grow in a new direction.

You can honor the stories that shaped you and choose the stories that nourish who you are becoming.