

Digging Deeper

The garden of the soul requires regular tending. Use these prompts to explore the current state of your inner landscape.

1. If your life right now was a garden, what would it look like? (Is it wild and overgrown? Perfectly manicured but sterile? Thirsty? Blooming?)

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2. What is “growing” in the shadows that you have been ignoring? (Resentment, a new creative idea, a need for rest, a secret ambition?)

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3. What connects the “weeds” (your challenges) to the “flowers” (your strengths)?

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