



Bloom
THE JOURNAL

THE PRACTICE WITH DAPHNE LYON

THE GARDEN OF YOUR LIFE

Take a deep breath in and a cleansing breath out.

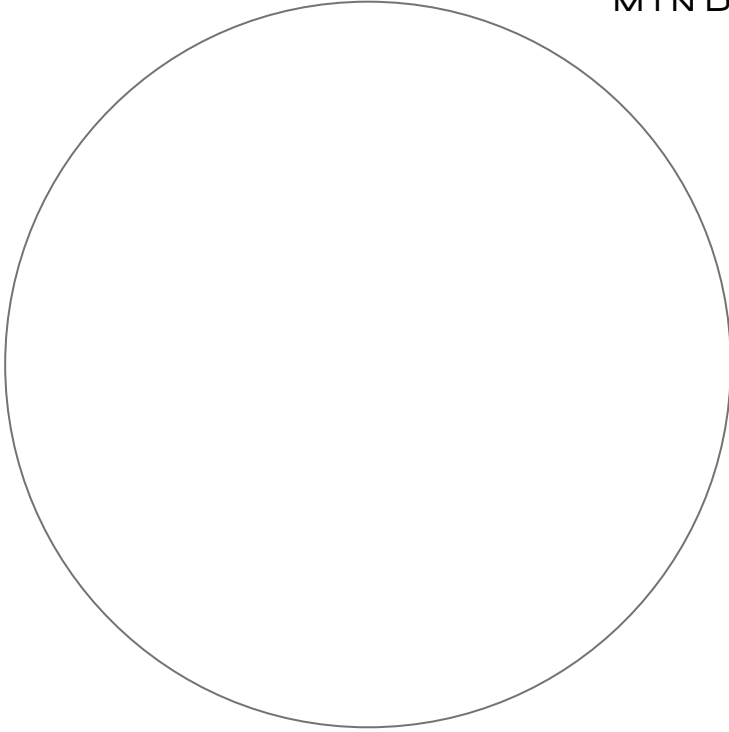
See the garden of your life as it is now in this moment. Write or draw your garden.

What are the pieces of your life? (body, mind, heart, relationships, work, money, food, spirit)

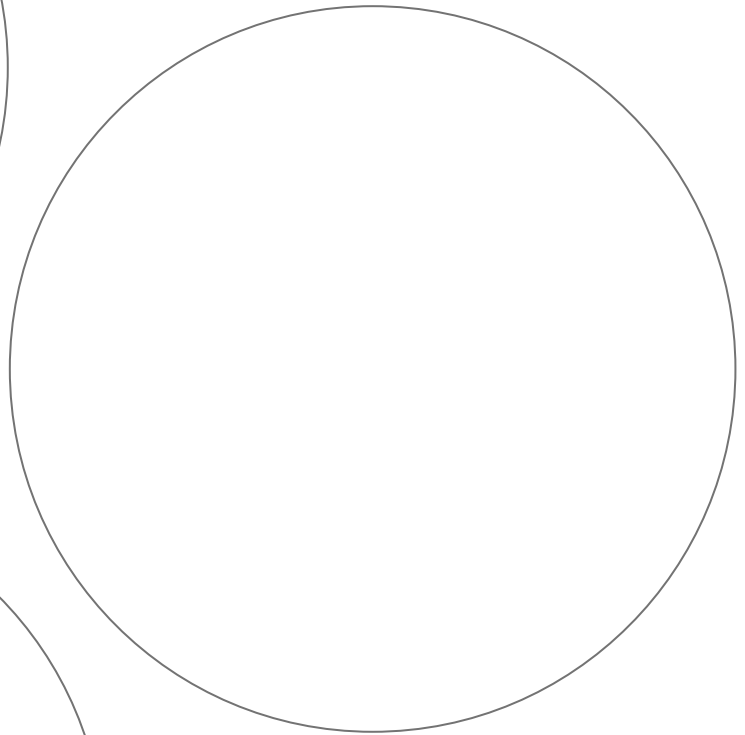
GATHER YOUR HARVEST

*What places in your life are you reaping the benefits from your thoughts, words, and actions?
What habits, cultivations, and / or manifestations came to fruition?*

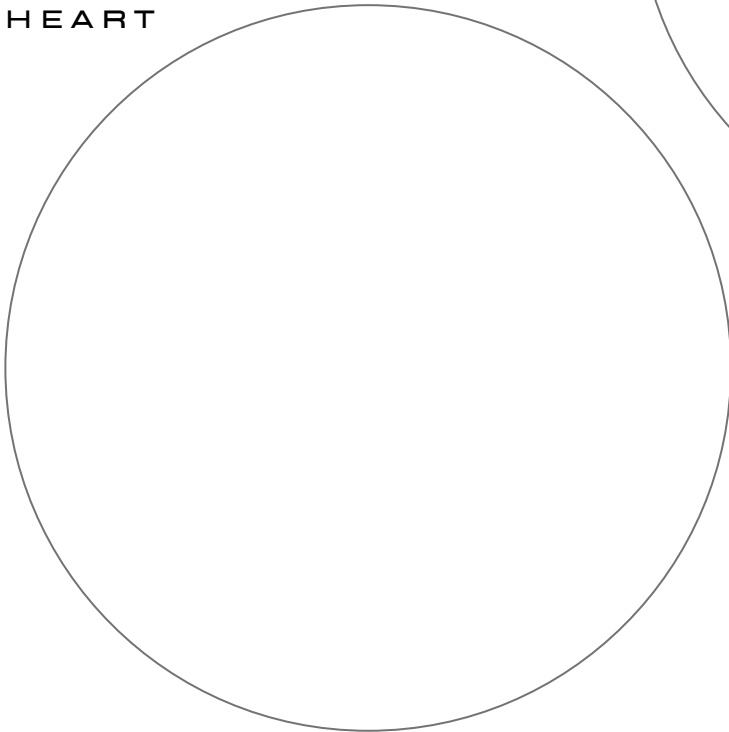
MIND



BODY



HEART



WEEDING

Are there any spaces you wish to weed?

Any thoughts, actions, or habits that no longer serve you or align with your highest self?

Can you see the benefits / medicine to these weeds and why they are there?

HEART

Emotional body, feelings, emotions, energy

MIND

Thoughts, beliefs, stories

BODY

Physical wellbeing

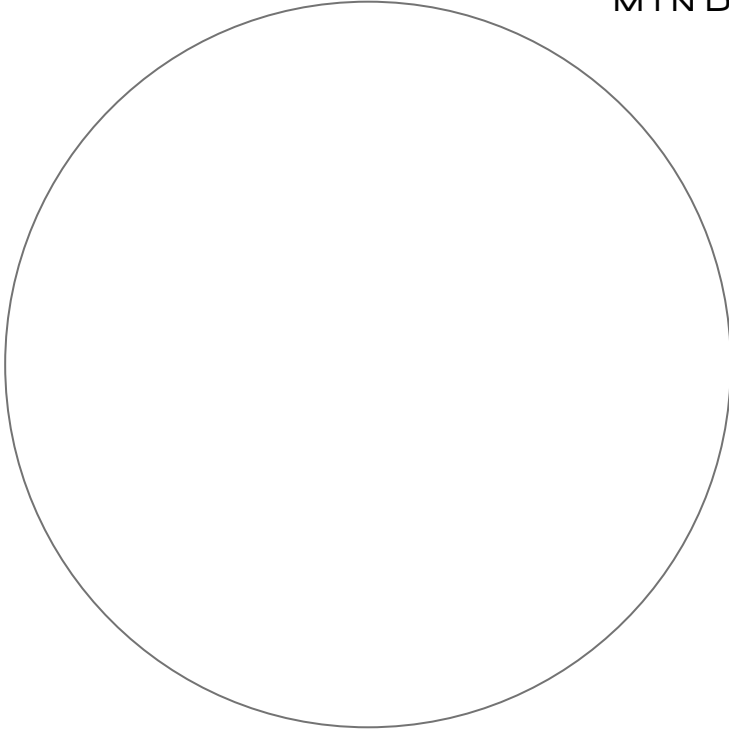
HABITS

Daily practices that make me who I am

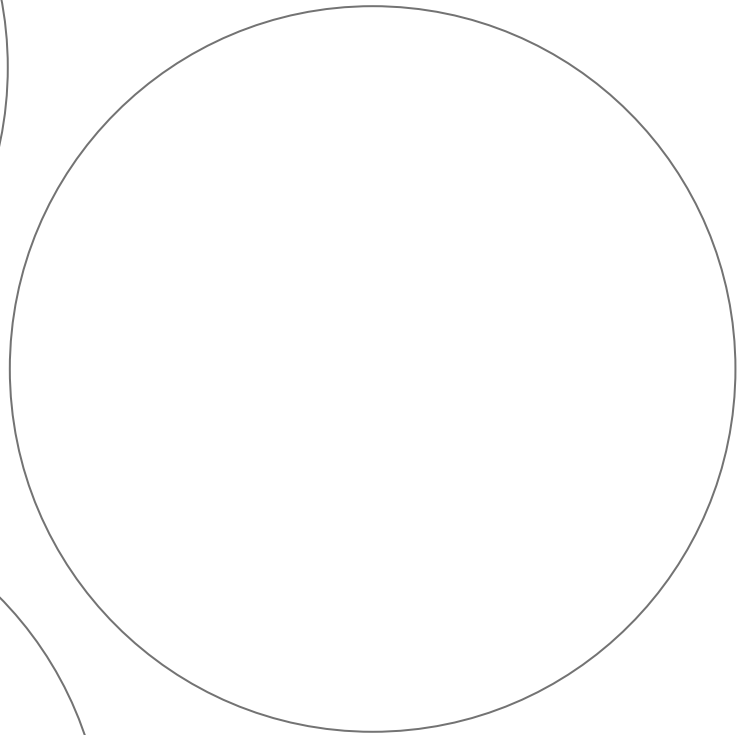
PLANT NEW SEEDS

What seeds are you planting in your garden?

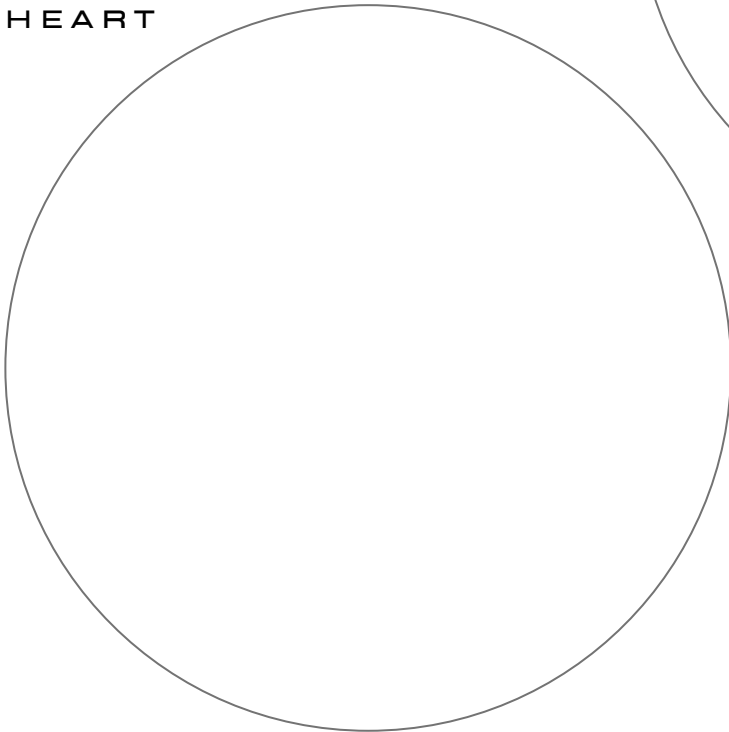
MIND



BODY



HEART



GARDEN IN FULL BLOOM

Now, see yourself in full bloom; what does it look like? Feel like?

Write or draw the garden of your life in full bloom.