

Tending Your Inner Garden®

Journal Prompts for the Seasons

Begin your study-group gatherings with journaling, choosing from the following prompts. Select the one that speaks to you right now. Know that your Inner Garden may be in a different season than the one in the external world. Also, you may experience multiple seasons at the same time. Your primary relationship, for instance, may be in spring while your career is in fall.

Doing this journaling exercise on a regular basis will help you check in with your inner wisdom to see how you're creating change in your Inner Garden.

WINTER

"I'd like to let go of..."

"If I had more time for myself, I'd..."

SPRING

"I'd like to start..."

"What I need in order to grow is..."

SUMMER

"What's growing in my life is..."

"Something that's out of control in my life is..."

"If I'm to keep growing, I need more..."

FALL

"I'm grateful for..."

"In the future, what I'll do differently is..."

