

To Nurture

What do you want to nurture this month?
(A part of yourself, an area of your life, a relationship, etc.)

Why do you want to nurture this?

Why now?

How do you guess you will benefit from nurturing this?

How will this potentially benefit others in your life?

What kind of nurturing does this part/area/relationship need? What does it need more of? Less of? None of?

How will you remember to nurture this?

Share a desire, wish, or intention for the part/area/relationship you are nurturing.

Any other intuitive action steps that would support this?

Anything else you would like to share?