

Daily Planter

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Daily Self Seed

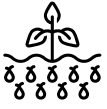
BE - FEEL - BRING



Actions to Plant

What am I trying to Grow?

Time



Daily Connection:

What would "feed" me best?

What needs "watering"?

How & when will I REST?

Daily Harvest

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1. What grew from my Daily Self Seed?
2. What grew from the actions I PLANTED?
3. What unexpected things grew?
3. What learning or wisdom grew?
5. What do I most APPRECIATE in myself & my day?