



Sacred Mother

~ Heal Your Life ~

What is your relationship like with your body?

Do you know your body's limitations?

What is your self-care like?

What is your diet like?

Do you feed yourself nurturing and wholesome food?

What could you do to improve your diet?

What kind of exercise do you most enjoy doing?

Do you have a regular exercise plan?

If not, what's a healthy and realistic plan that you would enjoy and be able to stick to?

Is your home environment a sacred space for you?

Is there anything you can do to make it more nurturing for you eg, de-clutter, bring in some crystals etc?

Do you trust your instincts?

What is your relationship with money like?

Are you on top of your finances?



On a scale of 1-10, how
secure do you feel?

Financially, and in your life
in general?

What could you do to raise that
number if you need to?

Are you satisfied in your work?

Is there anything you would change
about how you earn your living?

How regularly do you
spend time in nature?

What is your favourite place in
nature?

Do you feel grounded?

If not, what are some things you
could do to become
more grounded?

Are there any areas in your
life where you are feeling
unsupported?

What can you do to bring in
more support?

Who is your support network?

List who you could
call on if needed.

Are you aware of what drains
and depletes your energy?

What can you do to change this?

What 3 things could you do right now
to give yourself time off from
any stress and strain
in your life?

What is your relationship with
your family like?

Do you feel you have a tribe of
like-minded people in your life?

Do you feel a sense of
belonging?

