



## JOURNAL PROMPTS & CARD SPREAD

# THREADS OF *reflection*



1. What unique thread am I weaving into this season? How can I nurture this aspect of myself as I slow down and reflect?
2. What practices or routines will ground me in the present? How can I weave stillness and intention into my daily life?
3. How does my creativity connect to the larger tapestry of my life? What themes, stories, or values am I weaving into my world?

