



ROOTS AND WINGS PROCESS

- **My Roots:**

3 core beliefs about life that I can return to over and over.

Example: *Tomorrow is a new day.*

3 daily rituals that help me remember Spiritual Life.

Example: *Putting my daughter to bed at night.*

- **My Heart:**

3 Core Relationships that keep me grounded with who I am.

Example: *My partner, my minister, my son.*

What warms my heart?

Example: *Hearing how something I said helped someone improve their life.*

- **My Wings:**

Whose memory and presence am I guided by?

Example: *Practitioners who have passed on.*

What am I willing to “surrender” and let God take over?

Example: *Outcomes.*

AFFIRMATION:

I nurture my roots daily
I center my heart on that which I love
I remember my wings
Grounded in my roots centered with heart, I soar.