



Tend Your Inner Garden – Reflection Page



Just as a rose needs steady roots and patient care, your dreams and inner growth thrive when you give them consistent attention. This page invites you to pause, reflect, and tend to the blossoms you're cultivating inside. After your next mindful walk, forest bathing yoga, nature visit, or quiet moment, let your reflections bloom here.

What is currently blooming in my life right now?

What are three things I am grateful for?

What 'buds'—ideas, projects, or relationships—am I nurturing with care?



What challenges (thorns) have I noticed, and how can I gently refocus on the blooms?

What colors, scents, and textures in nature inspired me today?

What is one way I can cultivate more beauty and calm in my days?

“Come out here where the roses have opened. Let the soul and world meet.”– Rumi