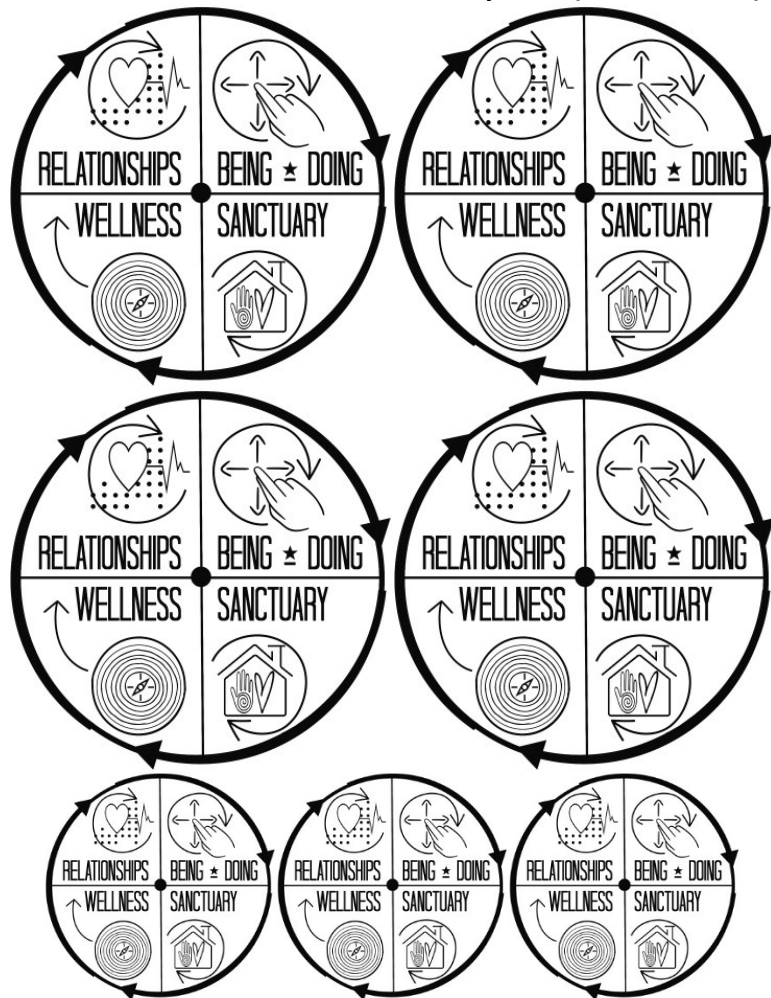


Use the Life Quad art below as a visual reminder for your calendar and/or in your right brain planner pages; divide a page into quarters (with the art as a center guide) and then add your notes, intentions and ideas for each lunar phase (or as needed).



LIFE QUAD



PRIORITIZE YOUR TIME & ENERGIES INSTEAD of BEING GOVERNED by CIRCUMSTANCES and SHOULDs

Ask yourself, “Is the story I am telling myself about my [wellness, relationships, being/doing and sanctuary] helping me to flourish or is it fostering faulty beliefs and habits?” In what ways am I ...

- 1) TENDING TO MY NEEDS AND PREFERENCES (SPIRIT, MIND, BODY, TANGIBLE AND INTANGIBLE)?
- 2) INVESTING/GIVING/RECEIVING WITHIN MY RELATIONSHIPS (FAMILY, FRIENDS, COMMUNITY)?
- 3) INVESTING/GIVING/RECEIVING WITHIN MY BEING/DOING (MY TIME, ENERGIES AND RESOURCES)?
- 4) TENDING AND MAINTAINING MY COMFORT AND EASE WITHIN MY LIVING SPACE(S)?

The intent is to hold space exclusively for your-self as a point of self-compassion and listening as you chronicle your thoughts — pausing the noise of perfectionism, the expectations of other people and unfair influences from social media.

This needs to be an uninterrupted time set aside for yourself in a space that is soothing and comfortable, and with the items you need readily accessible as a point of ease for expression and your journal-planning session.

