

# **Root & Rise: Adult Circle Pack**

Welcome to your Root & Rise Circle - a reflective space for adults to reconnect, grow, and heal through emotional intelligence practices.

This pack is your companion on the journey of resilience, self-discovery, and meaningful connection. Whether you're navigating life transitions, seeking balance, or simply longing for deeper emotional awareness, you're not alone.

What's inside:

- Circle Reflection Prompts: Thoughtful questions for solo or group discussions.
- Guided Journaling Pages: Space to process, explore, and write your truth.
- Affirmations & Mindful Practices: Centering tools to ground your emotions.
- Conversation Starters: Create safe, honest dialogue in your circle.

Use this space in your own time - over a warm drink, during a quiet evening, or within a supportive group. These pages are an invitation to root into your experiences and rise into who you are becoming.

With care,

Vim

The Butterfly Room: Root & Rise Collective