

Root & Rise: Adult Circle Guide

Welcome

Dear Friend,

Welcome to the Root & Rise Circle. This is your space to slow down, reflect, and reconnect with what matters most to you. We're so glad you're here.

What to Bring

- A quiet space
- Your favorite pen and journal
- A candle or calming object (optional)
- An open heart

Opening Ritual

Let's begin with a grounding breath:

Inhale slowly for 4... Hold for 4... Exhale for 6.

Repeat 3 times.

Now gently write what brought you here today.

Reflection Prompts

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1. What do I need to let go of?
2. What is one thing I'm proud of today?
3. What does 'rising' look like for me right now?

Affirmation

"I am rooted in truth and rising in strength."

Closing Message

Thank you for sharing your presence and energy.

This space is always here for you.

Keep becoming.

With care,

Vim