



CACAO FLOWER
ALCHEMY. NUTRITIVE SUPPORT. AUTHENTICITY.

WRITING PROMPTS

What nourishes you?

When do you subtly self-sacrifice your needs?

How can you take care of yourself even more?

When are you most prolific and insightful?

Take a moment each day, or even a set time once a week, to reflect on how you're feeling, right now. It can be just one or two words!

Carving out time for reflection, even just a minute each day, is important self-care and can help us follow our growth with flower elixirs.

WEEK 1						
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WEEK 2						
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WEEK 3						
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WEEK 4						
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EXQUISITE PRACTICES

Drink more water. Add lemon/lime and chlorophyll if desired.

Enhance your self-care routine with dry brushing, gentle stretching or movement.

Acknowledge each time you delay eating when you're hungry, don't go to the bathroom when you need to or stay up late when your body is tired.

Notice the rhythms and cycles of your body. When are you most productive, when are you most creative, when does your body want down time? What intervals of work/rest does your body and mind need to operate at capacity.

What foods and beverages nourish you? Make a list.