
Rise & Root
A space to clear the noise and begin with intention

Rise & Root

Finding Your Work-Life Balance

Take a moment to reflect on your current work-life journey. Below are three prompts designed to spark thought and reflection. Choose the one that resonates most with you right now, and feel free to think through it or journal your thoughts.

Finding Your Balance

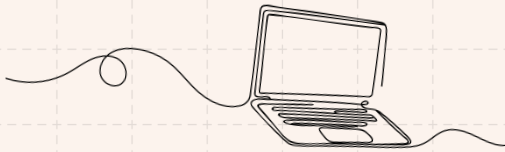
Where does work end and "me time" begin? How can you protect your personal time and unplug more often?

Saying "No" Without the Guilt

When's the last time I set a boundary that protected my peace? How did it feel, and what did you learn from it?

Thriving for the Long Haul

What boundaries help me grow 4 not just get by? What habits support your energy, growth, and well-being at work?



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Finding Your Emotional Boundary Balance

Take a moment to reflect on your current emotional boundary journey. Below are three prompts designed to spark thought and reflection. Choose the one that resonates most with you right now, and feel free to think through it or journal your thoughts.

Protecting My Energy

> What drains my energy 4 and what restores it?
> How can I set limits to protect my peace and emotional space?

Speaking My Truth

> How do I express my needs without feeling guilty? What helps me communicate my feelings clearly and respectfully?

Choosing Healthy Connections

> Who makes me feel calm, supported, and seen?
> How can I spend more time in those kinds of relationships?

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Finding Your Physical Wellness Balance

Take a moment to reflect on your current physical wellness journey. Below are three prompts designed to spark thought and reflection. Choose the one that resonates most with you right now, and feel free to think through it or journal your thoughts.

Protecting My Health Time

How often do I let work or obligations cut into my self-care time?

What could I do to make movement, rest, or meal prep a true priority?

Listening to My Body

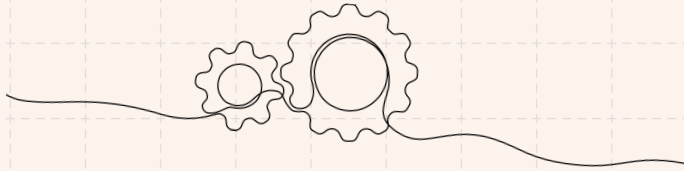
What is my body trying to tell me lately?

How can I honor signals like fatigue, hunger, or tension instead of pushing through them?

Building a Supportive Environment

Who or what around me supports my healthy habits 4 and what doesn9t?

What small change could make my daily routine more supportive of my wellness?



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Finding Your Nutritional Balance

Take a moment to reflect on your current nutritional journey. Below are three prompts designed to spark thought and reflection. Choose the one that resonates most with you right now, and feel free to think through it or journal your thoughts.

Eating with Intention

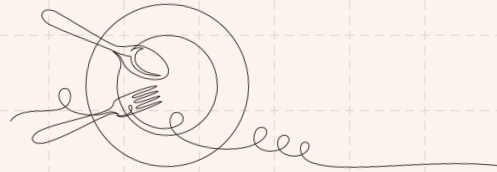
> How do I decide what, when, and how much to eat? What helps me make food choices that truly support my well-being?

Saying "No, Thank You" with Confidence

> How do I handle social pressure around food? What boundaries could help me stay true to my health goals 4 even at gatherings or celebrations?

Listening to My Body

> What signals tell me I9m truly hungry or full?
> How can I honor those signals instead of eating from habit or emotion?



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Finding Your Social Balance

Take a moment to reflect on your current social journey. Below are three prompts designed to spark thought and reflection. Choose the one that resonates most with you right now, and feel free to think through it or journal your thoughts.

Balancing My "Yes" and "No"

Do I say <yes= too often 4 or not often enough?
How can I find a balance that supports my energy and relationships?

Protecting My Social Energy

Which social situations leave me drained 4 and which fill me up? How can I spend more time where I feel supported and less where I feel depleted?

Communicating with Care

How can I express my needs honestly without feeling guilty? What helps me set boundaries while keeping relationships healthy and kind?