

Rise & Root

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 – and what doesn't?

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