



LIFEROOT BOTANICALS

# My Purposeful Soul

A 14 day Journaling Series

# Liferoot Botanicals

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# Welcome



When we look at the whole being, or being whole, we need to address the entirety of what and who we are. What do we need to encompass as an energetic and emotional being? What is our souls purpose? Many address and concentrate on the physical aspect of their being, but fail to look inward at the matters of the heart and soul. Research has confirmed that our emotions, traumas and energy have and DO have a profound impact on our health in our body and in the world. And when we look at our life's purpose, our soul's purpose, we can shift that energy in the positive way. With this 14-day journaling series, let's take a look at the tough, amazing and retrospective aspects of ourselves to reveal what is our purposeful soul.

# Week 1 // Day 1

## Overview & Reflection

“Every moment is a fresh beginning.”-T.S. Eliot

Have you ever heard of Spinach Theology? What the heck is that you might ask? Well, my favorite definition is from Colleen Kavanaugh & Deb Davis in their book *My Grit, Grace and Gratitude*. They state that one of the top hated foods in the world is spinach. Most people love or hate it, and they know it. There is not a middle-ground. haha.

According to them, “The spinach philosophy is being aware of your strong likes and dislikes, and honoring them. Its name comes from a priest who used it to explain why he is always smiling and joyful. He says, I know what I can do and what I can’t. Its really quite simple. Happiness follows, because I am not fighting with myself, or anyone else. The spinach theology requires being brutally honest and admitting what you love or hate about virtually anything and everything, from a person, situation, task or behavior. Empowerment arrives when you decide what you want, or do not want, in your life based on the theology of what you like and dislike.”

Now, you might be immediately thinking, it isn’t that easy. I just can’t say yes or no to everything. Well, perhaps. There are certain things that require gusto, steadfastness, and grit. BUT barriers can’t be broken, habits repurposed, souls refreshed, if you have some obvious blocks, time suckers, chi zappers, energy vampires...you get the point. So on day one, lets just see if any come up? Lets work together.

Over the next 29 days you will be getting to know you, asking yourself some questions that need to be answered. And we encourage you to be honest with yourself, using the spinach philosophy, finding what works and what doesn’t. Because in those answers, on what you like, don’t like, are willing to tolerate, you can find boundaries. And found on the outer edges of the boundaries is purpose.

Amy xo

# Week 1 // Day 1

## Overview & Reflection

### JOURNAL IT DOWN:

If you're not sure how to start, here's a few things you can ask yourself to get the juices flowing.

Things I would like to say no to in my life:

Everything I would like to say yes to in my life:

Is there a particular person, situation, or demand that needs the spinach philosophy applied to for 2020? What can you do (remember words and actions have the power to set healthy boundaries, even for yourself) to help this along?

# Day 2

## Start Today with You

“Each day offers us an opportunity to wake up and renew our resolve in the universe. To state that we are ready for a change.”

-Ambrena Kahn

Do you ever find yourself spinning in life, feeling as if you're ten feet off of the earth? You are not alone. Sometimes, even with a bag full of tools, we still can't seem to find our center in life, our purpose, which can leave us feeling unbalanced and depleted. One of the hardest things in life is feeling stuck in a situation that we don't like and want to change. We may have exhausted ourselves trying to figure out how to make change, and we may even have given up. However, each day offers us an opportunity to renew our resolve and to declare to the universe that we are ready for change. We may even say out loud that we have tried and struggled and have not found a way, but that we are open to help, and that we intend to keep working to create change for ourselves.

Making this declaration to the universe, and to ourselves, may be just the remedy for the stagnation we are experiencing.

And, it can be done today, right now. That gift you possess starting today, each day, getting to know you, reflecting that out into the world.

As we said yesterday, part of knowing our path, making change, and redefining our purpose, is knowing ourselves, our likes & dislikes. When we do this kind of work on how we view our self, we make it possible for the future to be clearer. This inner shift of self awareness may allow us to get out of the cycle we've been in that's been keeping us stuck. We can declare our intentions to the universe, knowing that we have done the inner work necessary to allow our lives to change.

# **Day 2**

## **Start Today with You**

JOURNAL IT DOWN:

10 words to describe me:

I feel happiest in my skin when:

If my body could talk to me it would say:

The words I most need to hear myself say to me:

# Day 3

## Let Go and Live

YOU WILL  
FIND THAT  
IT IS  
NECESSARY  
TO LET THINGS  
GO; SIMPLY  
FOR THE REASON  
THAT THEY  
ARE  
HEAVY.

Have you ever thought about how much time you spend in your life forming attachments to things, people, thoughts, places, emotions or foods? A LOT!

While we need these connections & attachments to form memories, share relationships, & thrive in our reality— some of these attachments can be negative to our well being. They can take up residency within us, draining & overburdening our delicate nature. They cause us to suffer, (sometimes on a subconscious or molecular level) BUT can seem almost comforting to hold onto, for fear a void will be left if they are let go.

BYE, FELICIA

Guess What? Your mind, body and soul are offering you a lifeline by encouraging you to let go of anything which is taxing you mentally, emotionally, physically & spiritually. What items did you notice from Day 1 and 2 that needed to be gone?

Revisit the inventory of your current circumstances taken on day one and two & investigate those areas which cause you to be unhappy, unfulfilled, or have a repeated negative outcome or feeling. Write them down. They might be toxic relationships, food or drink that doesn't serve your body well, negative & hateful self talk, or unrealistic goals that leave you drained.



# Day 3

## Let Go and Live

### JOURNAL IT DOWN:

Today, respect yourself enough to let go of anything that does not serve you, grow you, or make you happy. Nothing around us is going to change until we have the courage to go deep inside, explore the negative attachments, and let them go.

### MIND

Be Mindful & Awake. One reason that our negative attachments can wreak havoc on us is that we aren't aware. We aren't taking inventory within ourselves to see how it serves us or makes us feel. We aren't paying attention. Wake up & connect in the moment. Does this serve me?

Be Honest & Reflective. An important part being mindful & awake in your day-to-day is to be brutally honest with yourself. Many of us float thru life suppressing our Truth and never admitting that something doesn't serve us well. To break old patterns, be honest.

Be Forgiving & Loving. Once you've gotten honest, you can take any actions that might be necessary (such as apologizing or maybe showing yourself some love), and then it's time to let yourself off the hook. Self-forgiveness doesn't mean that you aren't taking responsibility for your actions, it means that you're acknowledging the fact that you're human, you've started to remedy the situation, and that you are now ready to LET. IT. GO.

# Day 3

## Let Go and Live

### JOURNAL IT DOWN:

#### BODY

Make Peace & Nourish. Sometimes our negative attachments with our body & food start because we have been “fed” rules or lies that aren’t part of Your Truth. Let go of words like: can’t, shouldn’t, tomorrow, right now, or only this & not that. Choose intuitively, consciously, and with love for what works for your body. Stop restricting & start nourishing. #eatrealfood

Be Respectful & Honoring. If something doesn’t serve you, be respectful to your body. Honor the signs it is giving you. If you can’t honor and respect yourself, dive into the why. What negative attachment is preventing this?

Let Go & Have Control. Although these seem to contradict each other, they are very powerfully connected. When your negative attachments have control of your body, they prevent you from seeing clearly & letting go. Also on the flip side, letting go of the desire to have complete control will help you take control in a better & more healthy way.

# Day 3

## Let Go and Live

### JOURNAL IT DOWN:

#### SOUL

Perfection & Overrated. You're not perfect and never will be. But you are you. And darn it, you are amazing. Concentrate on how each thing is unique in the world. So miraculous just the way they are, and yet so simple. Perfection is overrated.

Releasing & Negative Energy. Release negative energy. Every. damn. day. Find the practice that gets the lead out. The negative floating high above & away. Walk. Write. Run. Meditate. Sing. Drive. Dance. Paint. Listen. Do it as if your spirit depended on it. Hint: it kinda does.

Breathing & Letting Be. "The breath can remind us of letting go & letting be. Every time we take a breath in, we have to let it go; otherwise there is not room for the next breath. Receive and then release...over and over. It is the natural rhythm of life. 'Letting be' is holding ourselves in the still place of acceptance, from which we can view our hopes, desires, attachments, thoughts and emotions. It is non-striving. It is engaging with the flow of life in the unfolding now moment, without grasping and thereby staying free. It is the mindful life of letting go." - John Bradshaw

# Day 4

## The Power of Making a Decision

“If you can push past the fear and doubts associated with making decisions, you can start taking control of your life’s outcomes.”

-Jack Canfield

Every moment of every day we make decisions. Sometimes they are small, and sometimes they are life altering. The sum of decisions can make a big impact on your life and where it leads. Sometimes, even the wrong decision can positively impact your life.

The power of deciding or making decisions can cause so much fear and worry that many people just end up making no decision at all. But even when you decide you are still making a decision, usually the wrong one.

According to Jack Canfield, bestselling author and coach on decision making, he states that the inability to make a decision can leave you frozen in place when changes are necessary. It can also wreak havoc on your confidence, your happiness and your overall well-being. When faced with decision paralysis, its essential to realize that in almost every case, any decision is going to be better than none at all.

Here are some tips to purpose driven decision making, according to Canfield.

Make decisions quickly. When you make decisions quickly, you leave no room for doubt, worry or confusion. Determine two things: Is this something you want or need? Is it worth committing the time or effort to it?

Use the rule of 5. Do five things each day that helps you further commit to your decision. So for example if you started a business, do five things that helps that decision further.

# Day 4

## The Power of Making a Decision

### JOURNAL IT DOWN:

Biggest life change I want to make:

Is there a decision attached to that life change that I need to attend to?

Reflect on decisions you have made in the past that didn't work for you. How could you have applied some of Canfield's suggestions?

If I have fear around something or a decision, how can I face it?  
What ways can I cultivate more confidence in myself?

# Day 5

## Wabi Sabi & I Love Me

“There’s a crack in everything. That’s how light gets in.” Leonard Cohen

We live in an era which rustic & artisanal goods or products are aspired. An old chair, a vintage dress, a piece of wood furniture. “They don’t make them like they used to...” resounds & fulfills our need for older more experienced things (not to mention the drain on our dollars), promising better quality & wisdom built within. A crack or wear & tear is seen with desire, reflecting its goodness, value & beauty.

### EMBRACE YOUR FLAWS

Wabi-sabi, an ancient aesthetic philosophy rooted in Zen Buddhism, (particularly fixed in the tea ceremony which included several cracked bowls & tea vessels) concentrates on a ritual of purity & simplicity with beauty in imperfection.

**Wabi-sabi**  
わびさび

*Japanese, noun*  
*wah-BEE sah-BEE*

A state of acceptance of the imperfections in life and appreciating them as beautiful. Appreciating the flow of life.

# Day 5

## Wabi Sabi & I Love Me

This philosophy celebrates beauty in what's natural—flaws & all. It stresses that change is the only constant, and fighting the natural progression of life goes against our true cause. And just like our love for vintage... The rustic or artisan good is prized because of (not in spite of) the age & cracks displayed.

On the other side of the spectrum, coexisting in the same world, the cosmetic & beauty industry scream a different tune. A wrinkle or flaw is undesirable, body parts can't be too big here to too small here. Staying young, & fighting all your problem areas into submission are the norm. No vintage or rustic beauty allowed. Only smooth finish. This flip side of fighting can create resistance within us, expressing to our spirit that we are fighting the age & wisdom that we have experienced.

The founding principles of wabi sabi were meant to extend to all aspects of life, so my challenge to you is to embrace the vintage, cracked, wrinkled & rough aspects of our lives and beings. Tell yourselves that you love your imperfections & wisdom that comes with the change in our life.

# Day 5

## Wabi Sabi & I Love Me

### TAKE ACTION

#### MIND

Wabi & Sabi. The word meaning "wabi" is simplicity, whether elegant or rustic; "sabi" means the beauty of age & wear. Adapting these principles can be beneficial in your thinking, living & loving yourself. Where does your mind become judgemental with perfection involving yourself? Do you feel as if you love yourself for you?

Conflict & Pretensions. It was custom in Japan and in the wabi sabi tradition when warriors entered the teahouse they would leave all conflicts & notions behind. For the time, the focus would be on celebration of the differences, the imperfections, and the beauty contained within. We sometimes need to embrace this aspect in our relationships. Imperfect, mortal, unfinished, different. We don't have to change who we inherently are to be in a relationship of this nature.

Acceptance & Leaving Perfection. Just like a wabi sabi home is full of rustic character, charm, & things that are uniquely yours— things that give you good energy & vibes...such is our lives and surroundings. Concentrate accepting the world as imperfect, unfinished, & flowing. Go deeper in this concept and celebrate leaving perfection behind.



# Day 5

## Wabi Sabi & I Love Me

### TAKE ACTION

#### BODY

Natural & Simple. Part of the wabi sabi approach is training ourselves to appreciate the simplest things in life & using them to engage our senses. Food should be simple & whole, not necessarily the biggest, perfect or flawless in nature. Support the small farmers, grow your own garden. Embrace the colorfulness & asymmetric nature of food, and how the spices & tastes excite the imperfect palate of different people & preferences. Appreciate the imperfect goodness & attention you give to your body with the mindful choices and the way you eat. The explicit way you honor & teach yourself is to be revered.

Aging & Attention. Cultivating wabi sabi beauty is to embrace & appreciate the process of aging. It is not about giving up self-care, which needs attention & presence in your life. The Japanese tea masters took unparalleled careful care of their tea pots and cups, cracked & imperfect as they were. They honored them.

Likewise, you can pamper your body without nipping, tucking & forcing it into submission.

Embrace & Shine. True beauty, in a wabi sabi sense, is about taking care of yourself, embracing the way you were made, & shining thru the age & wisdom that you have obtained. Stop obsessing over every wrinkle, freckle, or gray hair, and become fully engaged with the world & the natural beauty you have been presented. Embracing our true beauty gives us real charisma and beautiful character.

Examine your arsenal of products targeted to your every perceived flaw. Toss them & let freedom ring. Stick to a few tried-and-true favorites that honor you, your body & make you feel beautiful. Get rid of beauty clutter and embrace the simple. When you shine through naturally, that's beautiful.

# Day 5

## Wabi Sabi & I Love Me

### TAKE ACTION

#### SOUL

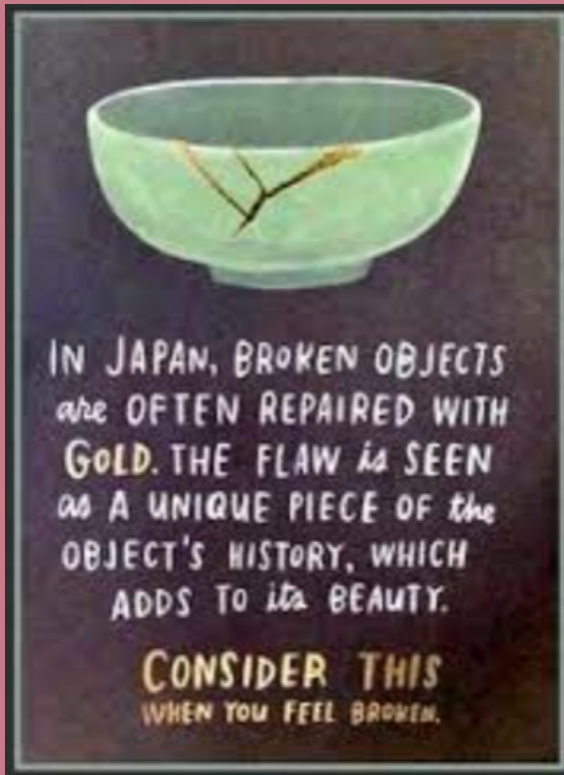
Humble & Wise Virtues. In the wabi sabi tradition, following a humble & wise path is key to peace & unconditional love (and loving yourself). These are high priorities, because peace & unconditional love (& truly loving yourself) are part of the path to enlightenment. Hence, telling yourself & your spirit... “I Love Me” can become a mantra that just in itself can change your virtues and values in life. Try it. :)

Align & Deepen. Aligning with Your truth & keeping your spiritual practice simple can deepen your soul. If you are constantly fighting time, age, wisdom, it will fight back with a shallow and brutal force. Find a simple practice, such as daily meditation, scripture or poetry reading, or sitting in nature. Commit to it for 30 days. The simpler the better.

Loving & Changing. According to the Zen tradition, change is the only constant, so you must embrace the change that occurs with each phase of your life. Make a list of things that are changing in your life now. Next to it, write one reason why your thankful for the change (even if your not). This conscience shift in mindset will help you embrace the changes that occur naturally, embracing the wabi sabi & I Love Me shift in your spirit.

# Day 5

## Wabi Sabi & I Love Me



### JOURNAL IT DOWN:

What are my favorite flaws about myself?

What purpose and soul-growth has come through my flaws?

What makes me feel calm and centered?

When do I feel confident in myself?

## DAY 6

# MEDITATION



One of the hardest things I have ever encountered is meditating, and it is something I have tried over and over again. Yoga, in my yard, on a fancy pillow, with oils, bells, blessings, you name it. But I realize my mind likes to dance when quiet comes. The thoughts race through. I used to fight it and fight it again, but then I embraced it. I turned and looked at the thoughts, let them pass through, and tried to witness my mind in action. And as I just observed, I became witness that they were things that needed no judgement, they needed to float through and process, just to be.

I then tried walking meditation, loving it so much. You might think you can't move and meditate, but on the contrary. In 2014, Stanford researchers confirmed that walking increases creative ideation in real time, and that walking led to an increase in "analogical creativity" or using analogies to develop creative relationships, purpose driven thoughts and making connections where there wasn't one before.

They also found that walking in green spaces—gardens, parks, forests—can rejuvenate the mental resources (aka forest bathing, garden bathing, grounding).





## DAY 6

# MEDITATION

“I can only meditate when I am walking. When I stop, I cease to think; my mind works only with my legs.” -

Jean-Jacques Rousseau

Part of Ludwig van Beethoven's routine included a walk every day after lunch, and stated that walks played an important part of his creative process.

**I DON'T HAVE TIME TO MEDITATE!**

If you don't have time to meditate (you might really need to observe our other days so far...and try to find some quiet time). Another option is to try meditative moments. Noticing and embracing small, random, moments of silence and calm can still work wonders for your mind, body and soul.



# DAY 6

## MEDITATION

### TAKE ACTION

How do you start meditating if you haven't? Or how do you keep a new perspective on an old habit?

### SITTING MEDITATION

Here are a few tips from Whitney Stein, on how to meditate while sitting with a beginners mind:

Sit down and close your eyes. Let your thoughts calm down.

As soon as the mind shows you its willing to cooperate and quiet down, turn your awareness to your breath.

Listen to the sounds around you. Feel the sensations in your body, the slight tingle in your feet, the birds outside, the ambulance on the street, the kids playing. Bring your awareness to sounds and sensations around you.

Trust yourself and what you feel and notice. Maybe its nothing, maybe its everything. Trust yourself and know when its time to come out of your headspace.

### WALKING MEDITATION

Integrate a walk into your routine for mental clarity. Walk quietly, observing around you, taking in the sights, sounds, smells of your area. Notice when something pleases you or gives you joy on your walk.



## DAY 6

# MEDITATION

### MEDITATIVE MOMENTS

Use a stoplight to breathe. Don't just immediately grab your phone, take this time to pause and reflect.

Take a breathe moment. Wherever you are, and when you feel it, take a deep belly breath and relax. This can reset many mechanisms in the brain for a more calm, centered and collected you.

Savor a happy and joyful moment. Savor a meal. Savor a pleasure. When we stop and savor the moment... or smell the roses, it has a positive effect on our wellbeing.

### JOURNAL IT DOWN:

Meditate (either sitting, walking, moments or both) and observe your findings for the next 5 days. What have you noticed about your mind set? or emotional capacity? your vision and goals?



# Day 7 Gratitude

“GRATITUDE IS MY DRUG OF CHOICE.” -MARK  
CERRILO

The author of the Gratitude Prescription, Will Pye, was a clinically depressed individual who tried to end his life several times. One day, he had decided to end his life, he decided to write a letter to his family, one that helped him realize the catastrophic impacts his death would cause to his family. He then decided to face and resolve his life, though all the pain and flaws, and transform his life into one worth living. That's when he discovered gratitude was the sole purpose of living.

He writes, “I practiced gratitude and meditation at the beginning and end of each day. Through the practice of gratitude, I came to see just how abundantly beautiful life is, regardless of the circumstances. Through constant application, I created a more grateful and less depressed brain.”

You might not have clinical depression like Pye, or live a relatively drama free life, but gratitude needs to be the center of our brain each day. Through it, we can live and breathe a more deeply, purpose filled life.

“In looking for love, gratitude, purpose, abundance and goodness, we are like a fish in water, searching for water, unaware that we are surrounded, soaked in love. We are, as the old saying goes, like a beggar, unaware of a diamond in our pocket.”





# Day 7 Gratitude

## JOURNAL IT DOWN

Gratitude is a means by which we can come to remember and realize the plentiful nature of our being, and receive the gift in each moment, even if it is hard, or joyous, or mundane. Gratitude reminds us life is a gift.

What are five things I am thankful for that happened today?

What two lessons do I give gratitude for that were hard but shaped me?



# Day 8

## Without Purpose Things Will Stay Still

“He who has a why to live for can bear almost any how.”

– Friedrich Nietzsche

Purpose is an energy force, independent of action. It's the wind that fills the sails, but without sails to fill it can feel empty. Your purpose is already here, it's the unique signature of you that changes the world. Whether or not you feel tuned into it, by creating a sense of meaning around how you spend your time you begin to feel the power of your purpose.

So far we have covered many topics about how to tap into you, what you want, how you feel, what drives you to be you. But... if your purpose isn't clarified, then there isn't any gas to drive the car. Your sputtering, or more likely just sitting in the driveway.

But how do you know what your purpose is? and does it need redefining?

Lets write a purpose statement. It needs just to be one or two sentences, a sum up of what you love and what you feel drawn to. Answer these questions first.

What do you love to do?  
What comes easy for you?

# Day 8

## Without Purpose Things Will Stay Still

When these are answered, you will probably have a better inclination of where your purpose lies. According to Jack Canfield, an author and inspirational teacher on purpose, he says the best way to create your Life's Purpose Statement, "Take a few moments and write a description of what the world would look like if it were operating perfectly according to you. In my perfect world, everybody is living their highest vision where they are doing, being, and having everything they want. Finally, combine all three into one statement, and you will have a clear idea of your purpose. Mine is 'Inspiring and empowering people to live their highest vision in a context of love and joy.'"



## Day 8 Without Purpose Things Will Stay Still

JOURNAL IT DOWN:

Jot down a life's purpose statement. If inspired, draw it out in your journal with colors, stickers, or whatever motivates you.

# Day 9

## Vibe Your Tribe

“You will be too much for some people. Those aren’t your people.”

-Glennon Doyle

My tribe knows my vibe. They understand me...or agree to have no understanding why...I do the things I do. And they embrace and love me for it.

It is amazing and wonderful to have a group of people who understand you and love you for you. It is also amazing to know people who share your passions and purposes in life. When you find some things that make you excited, why not find some people who find the same thing exciting? I am not a huge sports fan, but I love talking about herbs that make a sportsman more sporty. And only a few want to talk about that. When you can vibe your tribe, you can geek out together, talking about things that necessarily most won’t want to talk at length about....and you can feel good about it.

Where to find them? You will be surprised but they are all over! Meet ups happen all over town from community centers, colleges, yoga studios, churches, social media platforms, you name it. Find them, meet them, and talk their ear off. Your purpose will soar from it.

# Day 9

## Vibe Your Tribe

JOURNAL IT DOWN:

Who are some people in your life now that just get you? Maybe not Thelma and Louise, but you get my drift.

Think of some relationships that haven't worked in your life. Without bringing past pains and hurts to the forefront, what are some ways that you could have been a better friend to this person?

# Day 10

## Make Self Care a Must

“Caring for your body, mind, and spirit is your greatest and grandest responsibility. It’s about listening to the needs of your soul and then honoring them.”

-- Kristi Ling

Self care is not selfish, self care is necessary. If you want your body, mind and soul to be able to keep up with you, your passions in life, your redefined purpose, your friends, family, and all the activities in your world...you must prioritize time for self care. Self care is more than taking care of your body and pampering it in some way, it’s taking care of your mind, your emotions and every part of yourself. Taking time to nurture yourself is critical for your well-being, and it’s hard to take of your purpose in life, care of others close to you if you do not first care for yourself. Taking care of yourself is not a sign of weakness, but a sign that you have the inner strength and wisdom to give your body what it needs to feel balanced, and have a purpose driven life.

And a note: Self care is not all about bubble baths and candles, spa days and massages (although those are amazing treats), its about choosing things day by day that help nourish your body in a way that makes you feel good.





# Day 10

## Make Self Care a Must

JOURNAL IT DOWN:

I feel emotionally fulfilled when I am:

I can stay in tune with my body by:

Something that boosts my mood is:

What makes me feel energized?

I feel emotionally fulfilled when:





# Day 11

## Create a Sacred Sanctuary



“Within you, there is a stillness and a sanctuary to which you can retreat at any time and be yourself.” -

Herman Hesse, Siddhartha

There is a place that our mind immediately goes to when someone says to you, “Picture the most beautiful scene you can think of.” Many would picture the sandy shore of a beach, the waves crashing and gulls gawking in the distance. Or a sunset over rolling plains, the amber grass waving in the wind.

If you were to ask me (Amy), I would always picture my sanctuary on my back deck, sitting in my chair, staring out over my gardens. I could see the insects buzzing about, the fireflies gently illuminating at dusk, and see the ripe fruit hanging in the trees. I also love my garden gnomes and use them to help me keep calm and centered. Gnomaste yall.

# Day 11

## Create a Sacred Sanctuary



What is your scene? Picture it now. Hopefully this scene causes peace and calming to flush over your body. What if...you could create a micro climate of this scene at your home? I don't mean go buy bags of sand and make a mini beach (but if that floats your boat then I say go for it). But something you could do to create this feeling of calm and peace in a certain area of your home. This could be your backyard, a reading nook, corner of the kitchen to put a plant and a nickname to calm you while you do dishes. The options are endless, but sanctuary is so necessary when you are at home.

Is there a space that could be created in your home or garden that is a sanctuary for you? If not, is there one that could be turned into one? Remember it need not be much, just a small plant could be a reminder to breathe, a patch of yard under a tree, a chair at the corner of a garden.



# Day 11

## Create a Sacred Sanctuary

JOURNAL IT DOWN:

Sit or stand in your sanctuary space of choosing, close your eyes and breathe deeply into your belly.

Begin to take in all the senses of your space and what it is offering you.

Is there anything drawing your attention? Write down your observations.

# Day 12

## Get Your Hands & Feet Dirty

“Play in the dirt, cause life is too short to have clean fingernails.” -Garden Therapy

My grandmother was one of the most avid gardeners and farmers I have ever met. She grew and ranched most of her own food, saved it for winter, and cooked three meals a day for my grandpa. She ALWAYS had dirt in her fingernails, a farmers tan on her arms, and a white face from her hat being on. She would say that fresh air makes your lungs strong, sunshine makes your eyes bright, and dirty fingernails means you worked hard and would sleep tight. And spending my summers there at her ranch meant we worked. My favorite (and least favorite job) was shelling peas, snapping green beans, and sorting tomatoes and peppers. It meant we were in the shade, eating watermelon, but... there were buckets and buckets of produce to sort through. We would complain, but never that much, at the 20th time my grandpa would tell us if we ate another watermelon seed, we would grow a watermelon out of our ear.

Being in the dirt, sticking my hands and feet in the earth, laying in the grass, being in the fresh air, are still my favorite things to this day. It makes you feel a part of something smaller and bigger, connected, purposeful. We talked yesterday about creating sanctuary, and being outside can be a sanctuary at any moment.

# Day 12

## Get Your Hands & Feet Dirty

JOURNAL IT DOWN:

Write about a childhood memory involving being or playing outside. How did it feel? What specifics do you remember about it?

Head outside to play. Can be with children, by yourself, with pets. Experience the awesomeness of nature with your feet on the ground, face in the wind, rain on your cheek. Take it all in and embrace the feeling of purpose and being connected to nature. Write down your observations.



# Day 13

## The Generosity Responsibility

“You will discover that you have two hands, one for helping yourself and one for helping others.” -Audrey Hepburn

Being generous can feel like a superpower. There is great joy in giving and sharing, when you can help someone in need. When we think of generosity, our thoughts usually drift to material needs, or gifts of money or charity. But there are other gifts that don't have a monetary value, but whose value is beyond price. In a nutshell, generosity of your soul. Being a loyal and honest person, staying true to yourself and others, being generous in your soul can be an essential part of redefining your purpose and staying true to you. On one hand being generous is so wonderful, but come with a great responsibility.

Paayal Mahajan, founder of Essential Body said, “Being a generous person and soul comes with great responsibility to the self. I would know. Over the years I have found myself in situations where my generous spirit was left feeling used, broken, or completely abused. So you must engage in the kung fu of awareness with generosity. Use is boundaries. And most importantly, know that your first responsibility is always to yourself.”

I (Amy) am a giver. Once upon a time, I would give at the expense of myself. Growing up in church, I was taught that selflessness, giving all you had, sacrificing yourself...was the only way to give and be generous. What do you believe on that?

Then I was overgenerous for many years. Saying no didn't come naturally to me, so my boundaries were wide open, laying exposed to be trampled from people who knew to come suck it out of me. I wasn't discerning, and didn't realize that if everyone plays a part in generosity, not one has to play the martyr. So I reframed my boundaries, and over time, I still love my generous side. It makes me me.



## Day 13

# The Generosity Responsibility

Here are a few tips from Paayal, as she says... “Lessons from an Overgiver.”

Get to the bottom of why you are giving what you are giving. Understanding why is so important. If the reason is authentic, the outcome won't matter. Love and be generous. But not at the expense of your own joy and well-being. In life, relationships, friendships, business. Learning to say NO is paramount.

Your gut knows when your generous heart is being exploited. Honor its voice.



# Day 13

## The Generosity Responsibility

JOURNAL IT DOWN:

In what ways are you an overgiver?

How could you act responsibly in your generosity?

If you are being taken advantage of in your generous soul, what boundaries could you draw to gain some of you back?

Remember, redefining your purpose has great stake in acting responsible with your generosity.



# Day 14

## All You Need is Love

“Love, love, love  
Love, love, love  
Love, love, love

There's nothing you can do that can't be done

Nothing you can sing that can't be sung

Nothing you can say, but you can learn how to play  
the game

It's easy

Nothing you can make that can't be made

No one you can save that can't be saved

Nothing you can do, but you can learn how to be you  
in time

It's easy

All you need is love

All you need is love

All you need is love, love

Love is all you need”

-The Beatles



# Day 14

## All You Need is Love

We have heard the epic Beatles song a thousand times... but have you really soaked in its message? Life, your purpose, your actions, all spring from LOVE.

LOVE for yourself.

LOVE for others.

LOVE for your passions in life.

LOVE for the earth around you.

LOVE for the mundane moments.

LOVE for the hard as HELL moments.

LOVE for the lessons learned.

LOVE for the meal you last ate.

LOVE for your body (your body right now, not what you want it to be.)

LOVE for the people that hurt you. (yep.)

LOVE for your tribe.

LOVE for your spirituality.

LOVE for your faith and hope.

LOVE for your dreams.

LOVE for your purpose.

LOVE for this moment, and every moment, even if the now moment is hard to get to the next moment.

LOVE for this moment.

LOVE for this moment. Take a deep breath.

LOVE for this moment.

You are in this moment for a reason. Use it. Be aware. Breathe it in.

Notice it.



# Day 14

## All You Need is Love

JOURNAL IT DOWN:

What has this moment taught you about love?

What do you LOVE about today?

How does love and purpose coincide?



# Stay in Touch!

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