## Eden Gratitude Practice Journaling Worksheet

Watch	the	full	video	related	to	this	tonic	here
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Journaling	g Questions
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1. What beauty did I behold? When did beauty visit?

2. What nourishments was I blessed with today? What fed me, literally and figuratively? What sustained me? What resources, gifts, answers, sustenances rose up to meet me?

3. How did the Edenic experience of variety, novelty, or myriadness show up in my day today? What was new or different or changing?

## SUNDAY SESSIONS WITH TARA MOHR FEBRUARY 20, 2022

sor rev cul	what way could I sense my life was a garden nor a wilderness, but something mehow shaped, crafted, cultivated by an intelligence and a presence? How did order real itself? Or - looking at a different dimension of garden-ness, what that was tivated long ago, or planted long ago, did I see bearing fruit, or growing in exciting ys today?
nat	w did I feel the presence of the divine today - the divine in myself, in others, in ture, or in some other expression? How did I hear or sense God? How did I engage in neversation with Spirit? How was God present in the garden of my life today?
-	touch! For more resources to support your wellbeing like this one, sign up <u>here</u> .  Playing Big: Practical Wisdom for Women Who Want to Speak Up, Create, and Lead, <u>here</u> .