

BUTTERFLY JOURNEY WHEEL

For the duration of a month you're invited to participate in a transformational journey. To start, you're welcome to set an intention or goal that you want to engage in for the month and place it in the center of your butterfly. For example, you may want to start meditating or connecting more with loved ones. On the *left* side of the butterfly wing you're encouraged to journal any thoughts or feelings you may have at the beginning of your journey and then again on the *right* side once the month is complete. Around the butterfly, you're invited to journal daily for the month or whenever you feel moved, inspired, or troubled. Remember, there is no wrong or right way to create and each breath, insight, and moment of the journey IS the art. If possible, you may also do this journey with a practice partner. You can share your butterflies at the outset, and then stay in touch as you go. This can be especially great if/when the change feels impossible. This is a space to just hold onto the vision, day by day, and see what happens. What shifts? What becomes possible? What becomes clear? Once you come all the way around the butterfly, take time to reflect on the original goal and where you are today.

