

# Leaning Into The Wind:

How To Manage Change, Grow And Thrive  
In The Springtime Of A Pandemic



## Journal Exercise Worksheet

I encourage you to use these questions as a means to get clear about your experience and feelings about what is happening now in your life.

What are you planting?

How are you caring for yourself in these crazy-ass times?

Do you have a gardener to help with the planting or are you doing it all by yourself?

What nutrients do you need and desire and how do you cultivate them?

What roots do you need to look at to see a future full of possibilities?

Are there weeds that need to be pulled?

What is no longer serving you?