

# DESERT ENCHANTRESS

## BECOMING REFLECTION WORKSHEET



## **Becoming → Rooting**

- Releasing the Former Self What version of me is now expired?
- What roles, patterns, or identities no longer fit?
- Where am I still emotionally loyal to who I used to be?
- What habits or environments feel misaligned with who I am becoming?

## **Embodying the Person I Am Now**

- How would she respond in moments of stress or uncertainty?
- What does she no longer tolerate?
- What standards does she now hold?
- What decisions would she make this month?

## Alignment Audit

- Where am I overextended?
- Where am I leaking energy?
- What must be simplified or restructured?
- What relationships, commitments, or systems need pruning?

## **Preparing the Soil (Rooting Intentions)**

- What must stabilize in the next season?
- What structures would support my growth?
- What 3 priorities will I root into deeply?
- What does depth look like for me right now?

## **Closing Declaration:**

I release who I was. I embody who I am. I root deeply so I may rise steadily.