

Ostara for Self Care & Personal Growth



Seeds

What is your identity and your purpose? How do you want to show up in the world? How do you want to feel? What do you want to accomplish?



Roots

What actions can you take to help your seeds grow? Are there things you can do to help your ideas, beliefs and goals take root? Are there things you need to let go of? Are there things that you need to start doing more of?



Soil

How can you cultivate good soil for your seeds? What in your environment will help you grow? This could be things like meditation, journaling, or movement. What will keep you from growing? This could be too much negative news, toxic relationships, fatigue, or stress.



Garden

What will your garden look like once you've planted your seeds, prepared the soil and taken other actions to help them grow. What blooms in your garden? What will change during the seasons? What will die off and what will continue to grow next season?

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