

The background of the entire image is a dense, close-up photograph of various succulent plants, likely Sedum or Echeveria, with thick, rounded, green leaves. The plants are arranged in a pattern that fills the frame, creating a textured and naturalistic backdrop. The lighting is soft, highlighting the different shades of green and the waxy texture of the leaves.

Daily Practice

Choose a daily practice that nurtures your wellbeing and give it a try. Pay attention to how it makes you feel. Keep going if it works and put it down if it doesn't.

Today, I am grateful for:

Today, I am letting go of this expectation of productivity :

Today, I am going to reach out to:

Today, I am inviting joy into my life by:

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