

Date Completed: _____

For Support During Struggling Times

Before finger following the labyrinth, pick a purpose, an intention, a question for which you would like an answer. Asking when suffering will end, or asking for specific times, dates, or people may not be especially helpful. It might be more helpful to explore what you are learning during this time, ways to help yourself and others, what is the bigger that you may not be currently seeing. Tarot or oracle cards may offer more insight, but they are not necessary.

A: Choose your intention (you can use a card here for more insight)

B: What are you carrying with you during this time that may be weighing you down and making this time harder?

C: What will be helpful for you during this time?

D: What do you need?

E: What will be restful for you?

F: What do you need to start carving into your routines?

G: What do you need to let go of?

H: What brings you hope?

I: What is a lesson you are learning? (Could be more than one and if using cards, feel free to choose up to three cards here.)

J: As you start to unwind and open back up, what positive emotions do you want to start growing, or which positive emotions do you feel growing or hiding inside of you?

K: How do you move forward from here?

L: What lessons are you taking out of this time of growth?

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