

Worksheet 1

Spend Time Outdoors

✦ Your Message Within ✦

Spend Time Outdoors asks you to slow down, ground yourself and reconnect with your natural rhythm. When we have an idea or a new project, it can feel like we need to act immediately. We can worry that if we don't start now, we'll lose the idea or miss our opportunity. But nature doesn't work that way. A flower is watered and nurtured long before we see it bloom. Sometimes the most important part of bringing something into the world is allowing it time to grow within us first.

This week is about getting clear on what you want to create while also listening to your body. If you feel inspired, passionate and ready to move forward that can be your green light. But if you feel tired, overwhelmed or emotionally drained, perhaps your next step is to pause rather than push. Spend time outdoors. Surround yourself with trees, flowers, birds and the natural world.

Sometimes the most aligned action is simply to give something space to grow.

✦ This Weeks Affirmation ✦

"I trust my natural rhythm. I allow my ideas to grow with patience and take action when I feel truly aligned."

A Visualization Exercise

Close your eyes and imagine yourself surrounded by nature. Bring your current project or idea to mind and imagine placing it into the earth like a seed. You don't need to make it grow today. Simply nurture it and allow it time.

Ask yourself: What does this idea need from me right now?

Then sit quietly and listen. 🌿

✦ Time To Reflect... ✦

This week I want you to think about something you are currently creating or hoping to bring into the world. Rather than focusing on everything you need to do, use these prompts to explore what your idea needs from you right now.

Journal Prompts

This week I want you to journal on:

1. What is something I feel inspired to create or bring into the world?

2. Am I putting pressure on myself to take action before I feel ready?

3. What would happen if I allowed this idea more time and space to grow?

4. What small, intentional step could I take this week without feeling like I have to complete everything at once?

Ways to work with the Spend Time Outdoors card

Brew an Elderberry & Echinacea tea:

Pour for nourishment, grounding & a little time to slow down.

Hold or wear a Hematite crystal:

Use this grounding stone when you feel overwhelmed or overstimulated. Hold it while spending time in nature or when you need to feel more centred in your body.

Call in Archangel Uriel:

For grounding, clarity & feeling more centred.

A Tarot Spread

Take out your oracle cards, shuffle & ask the following:

Card 1: What is ready to grow within me?

Card 2: What needs more time and space before I take action?

Card 3: What small step is aligned for me right now?

INNER WILD FIRE

✦ Continue Your Journey ✦

Thank you for spending time with this week's message. 🌿

If something in this week's message resonated with you and you'd like to explore it a little further, here are a few ways you can continue your journey with Inner Wild Fire.

✦ Explore An Oracle Reading

If you'd like a message created specifically for you, my oracle readings offer a deeper personal experience with the cards, including your own reflective prompts and guidance.

[Explore My Oracle Readings ->](#)

✦ Collect Spend Time Outdoors

Bring this week's message into your own space with the original Spend Time Outdoors artwork or a fine art print.

[View The Artwork ->](#)

✦ Read The Empress Article

Explore the article that inspired part of this week's message and discover what flowers, nature and The Empress can teach us about allowing our ideas to grow.

[Read The Article ->](#)

✦ Join My Tarot & Tea Print Club

Continue following the tarot deck journey and receive each new card as I bring it into the world through the Tarot & Tea Print Club.

[Join My Print Club ->](#)



Support *The Message Within*

The Message Within is currently a donation-based offering while I explore where this project wants to grow. If this experience brought something meaningful into your week and you'd like to support me in creating more, you can contribute whatever feels right for you.

[Support The Project ->](#)

One message at a time. 🌙