

A GUIDE FOR SLOW, ROOTED, HONEST REFLECTION



# Rooted & Growing

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*a self-care reflection guide, inspired by houseplants*



GROUND RULES

PLANTS · PURPOSE · WELLNESS.

PRINTABLE · JOURNALING EDITION



# How to Use This Guide

Slow down. Notice what's underneath.

Houseplants are quiet teachers. They can't perform wellness for anyone; they simply show, honestly, what they need. A curling leaf means something. A leggy stem reaching for the window means something. Nothing is wrong with the plant for needing care — it's just information.

This guide borrows seven principles of plant care — light, water, roots, growth, pruning, rest, and repotting — as gentle prompts for noticing your own needs. There's no correct order and no finish line. Work through one page a day, one a week, or return to a single page again and again.

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## A few ways to begin:

- Sit near a plant — yours or one you pass on a walk — while you write.
- Answer in a few honest words rather than reaching for the 'right' answer.
- If a prompt doesn't apply this week, skip it. Come back another time.
- Keep this somewhere you'll actually see it — not filed away.





# Light

Every plant leans toward what feeds it

Plants don't grow evenly — they lean, quite literally, toward their light source. They can't fake being nourished by the wrong conditions for long. Where does your own energy actually come from, and are you positioned to get enough of it?

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**01** What activities, people, or places genuinely energize you lately?

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**02** When did you last feel fully lit up — present and alive? What made that possible?

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**03** Is there a part of your life that's been left in the shade? What would it take to move it closer to the light?

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# Water

Replenishment isn't the same as excess

Overwatering kills more houseplants than drought does. Care isn't about doing more — it's about giving the right amount, at the right time, and then letting it be absorbed. What does true replenishment look like for you right now?

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**01** How do you usually try to recharge — and does it actually work?

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**02** Where in your life have you been overgiving, to the point of drowning something good?

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**03** What's one small, sustainable way you could water yourself this week?

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# Roots

What holds steady when things above ground shake

Roots do their most important work in the dark, unseen. A plant with a healthy root system can weather a knocked-over pot or a missed watering. What are the unseen, steady things that keep you grounded when life gets shaken?

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**01 Who or what has been a steady root for you this year?**

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**02 What values or routines do you return to when things feel unstable?**

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**03 Do your roots feel shallow or deep right now? What would help them go deeper?**

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# Growth

Not all of it is visible yet

New growth is often the softest and most vulnerable part of a plant — pale, tender, easily bruised. It doesn't need to be sturdy yet; it just needs to be protected while it firms up. What's growing in you right now that still feels new?

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**01** What's a recent change in yourself you're still getting used to?

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**02** Where do you need more patience with your own pace right now?

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**03** What would it look like to protect something tender in you instead of rushing it to be strong?

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# Pruning

Cutting back is part of care, not neglect

A plant doesn't mourn the leaf that gets snipped so the rest can thrive. Pruning redirects energy toward what's actually working. What in your life has been quietly draining energy that could go somewhere better?

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**01** What commitment, habit, or relationship has felt more draining than nourishing lately?

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**02** What are you afraid will happen if you cut it back or let it go?

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**03** What would you do with the energy you'd get back?

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# Dormancy

Rest is not the opposite of growth

Many plants stop producing new leaves in winter — not because something is wrong, but because resting is how they prepare for the next season of growth. Rest isn't a pause in your progress. It's part of it.

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**01** What does genuine rest look like for you, versus just being off duty?

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**02** Do you let yourself rest without earning it first? Why or why not?

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**03** What season of your life feels like it's asking for dormancy right now?

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# Repotting

Outgrowing a container is a sign of health

A plant that's outgrown its pot isn't broken — it's ready for more room. The move itself is stressful, root-bound and disorienting for a while, but it makes the next stage of growth possible. What might you be outgrowing?

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**01** Where in your life do you feel cramped, root-bound, or too small for the space you're in?

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**02** What's stopping you from making the change — fear, timing, or something else?

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**03** If you gave yourself more room, what's the first thing that would grow?

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# A Gentle Reminder

For the days it feels slow

No plant blooms on a schedule that suits everyone watching it. Some seasons ask for stillness. Some need a bigger pot, a different window, an unhurried amount of time. None of that is failure — it's just what growing actually looks like up close.

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*“You are allowed to grow at your own pace.”*



**Return to any page whenever you need to.**

Light · Water · Roots · Growth · Pruning · Dormancy · Repotting

