



JOURNAL JUMP-STARTS // JULY

An Ancestral Inventory

Where are the roots of your family tree?

What are your ancestors' names?

What were your ancestors' successes?

What were your ancestors' struggles?

What traumas lie unresolved?

What wisdom is ready for harvest?

Who do you call upon for help?

What support do they offer?

What do you perceive of your past?

What do you project for your future?

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