

SPIRITUAL

Includes practices and anything that increases connection with your higher self, the universe, God, and/or brings you into the present moment.

EMOTIONAL

Includes psychological, emotional, and mental well-being. Also includes social goals

CULTIVATION MAP

KEEP IN MIND THAT ALL AREAS
DIRECTLY AFFECT ONE ANOTHER

PRACITCAL

Includes home and direct environment, financial well-being, and everyday to-do's (even the boring ones).

PHYSICAL

Includes physical movement, nourishment, hydration, and physical hygiene. Could also include things that affect your physical appearance or how you feel in your body.

SEE EXAMPLE BELOW

REMEMBER THAT THERE IS NO "SELF-CARE" WITHOUT COMMUNITY CARE. TAKE CARE OF YOURSELF IN ORDER TO GIVE BACK TO OTHERS, AND CARE FOR OTHERS TO GIVE BACK TO YOURSELF.

EMOTIONAL

Journal, go to therapy, do breathwork, EFT tapping, honor your emotions, have a clearing conversation, spend time with loved ones, write yourself or someone else a letter, have sex or make time to be intimate with yourself, shake/dance, be creative, social media break, read, listen to music or a podcast, say yes to something, say no to something, take a road trip or a weekend away, do a random act of kindness, volunteer, cry, laugh, practice gratitude.

SPIRITUAL

Meditate, pull tarot, do automatic writing, breathwork, visit a Reiki, theta cell, or Angel healer, dig into astrology, Mantra or Kirtan chanting, create rituals, commune, pray, work with crystals, take a sound bath, access your Akashic records, experience the full moon, spend time in solitude, experiment mindfully with divination.

CULTIVATION MAP EXAMPLE

PRACTICAL

Clean, organize, pay bills, do taxes, complete an unfinished project, budget, create or recognize goals in the workplace, water plants, grocery shop, go to the DV, prepare for an upcoming celebration, form a new habit, schedule an appointment, meal prep, do a procrastinated task, update your calendar, etc.

PHYSICAL

Move your body, take a bath, eat nourishing foods, take vitamins, paint your nails, floss, tongue scrape, dry brush, oil pull, eat organic, take a cold shower, do a face mask, get a massage, stretch, drink water, try a new type of workout, see a chiropractor, visit a float spa, take a food sensitivity test, limit caffeine/alcohol, spend time in a sauna or infrared light, drink tea, SLEEP.

SOME THINGS LIKE GETTING IN NATURE, PRACTICING YOGA, GARDENING, LOVING ON YOUR PET, ETC. COULD FIT INTO ANY CATEGORY. CHOOSE WHAT MAKES THE MOST SENSE FOR YOU, OR ADD TO ALL.

SPIRITUAL

EMOTIONAL

CULTIVATION
MAP

PRACTICAL

PHYSICAL