

Rooted, then rising *a gentle reflection guide*



Adventures in Literature

Welcome,

Some seasons are meant for *blooming*.
Others are meant for *rooting*.

This guide is an invitation to begin the
year slowly — without pressure,
comparison, or urgency.

A space to reflect, to breathe, and to
honor the quiet work happening beneath
the surface.

You don't need to have *answers*.
You don't need a *plan*.

Just presence.

Rooting

Grounding before growth



Adventures in Literature

Reflection

There is no rush here.

Where do I feel most grounded right now?

What helps me feel steady when life feels loud?

What do I need more of in this season — rest, clarity, margin?

A gentle practice

Choose one small thing that
helps you feel anchored.

It might be a quiet
morning routine.

A book you return to.

A boundary that
protects your energy.

*Let it be simple.
Let it be enough.*

Quiet Growth

The unseen work still counts



Adventures in Literature

Reflection

Not all growth announces itself.

Where might growth be happening
beneath the surface?

What progress have I overlooked
because it felt small?

What am I learning to trust?

Rising

Forward — without force



Adventures in Literature

Reflection

Where do I feel ready
to take a step forward?

What would rising look
like without rushing?

What does intention feel like in my
body and life?

Stories as mirrors

*Stories have a way of meeting
us where we are.*

What book has stayed
with me recently?

What did it reflect back to
me about my own becoming?

What themes feel personal right now?

You're not behind.
You're becoming.

Rooted, then rising.



Adventures in Literature