My Daily Elemental Practice

A Weekly Planner

Choose one simple practice for each element every day.
Keep it small, meaningful, and consistent.

Honor the elements. Honor yourself.

Day	Earth Grounding Stability • Body Abundance	Air Intellect Communication Clarity	Fire Passion Energy • Courage Creativity	Water Emotions Intuition • Flow Healing	Spirit Connection Purpose • Wisdom Divine Guidance
Monday	☐	☐	☐	☐	☐
Tuesday	☐	☐	☐	☐	☐
Wednesday	☐	☐	☐	☐	☐
Thursday	☐	☐	☐	☐	☐
Friday	☐	☐	☐	☐	☐
Saturday	☐	☐	☐	☐	☐
Sunday	☐	☐	☐	☐	☐

How to Use this Planner

- Choose one simple practice for each element every day.
- Examples: step outside, write in your journal, light a candle, drink herbal tea, meditate, create something, offer gratitude.
- Check off each practice as you complete it.
- Keep it flexible and kind. Progress over perfection!

Notes & Reflections

My Daily Elemental Practice

Weekly Reflection

Take time to reflect on your week.
Notice. Appreciate. Grow.

1. Which practice brought me the most Joy?

2. Which was easiest?

3. Which was most challenging?

4. What changes did I notice?

5. Which practices would I like to continue next Week?