



SE PUEDE URBAN FARM LLC

ROOT, RISE, & RESTORE

WELLNESS





Part 3: Orient

Let your senses help you arrive in the present.

How to use this part: read the support slowly, keep what fits, and let the page meet you where you actually are this morning. You do not need to force insight before your body feels ready.

Why this matters

Orienting is a simple way to help the nervous system notice where you are now. Light, sound, temperature, texture, and visual steadiness can all help a morning feel less jarring.

When your system is braced for impact, even one ordinary cue can matter: a window, a blanket, a mug, a tree, a certain song, or the sensation of your feet on the floor.

Morning reflection

You do not have to force every question in this 3: orient section. Start where your heart actually responds. You can write in full sentences, short thoughts, words, symbols, colors, or gentle little truths. This is here to help you feel more connected, not more judged.

Guided reflection

What do I see, hear, or feel around me right now that helps me orient?

What sensory cue feels most grounding this morning?

What could I place in my space to support steadier mornings?





Part 5: Permission creative processing and coloring reflection

Use this variation page if you want to go deeper, stay creative, or process this section in a different way than standard journaling.

Creative processing and coloring reflection

If I turned my experience of 5: permission into a vine, flower, mandala, weather pattern, or symbol, what would it look like?



What colors fit what I am feeling right now, and why?



What happened in my body or emotions while I slowed down enough to color, trace, or sketch?



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Part 8: Reconnect practice page

This 8: reconnect practice page is here to make the chapter feel usable in real life. If you feel overwhelmed, keep it very small. Think about one moment, one breath, one hard interaction, one coping tool, or one act of care instead of trying to figure everything out at once.

Bring this into real life.

How could I make reconnect part of an ordinary morning?



What tiny version of this practice counts on low-energy days?



What would help me return without shame if I skip it?



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Extra writing space

Use this page to reflect on an actual morning that felt hard and what might have helped you meet it more gently.



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Part 13: Body Cues and Needs practice page

This 13: body cues and needs practice page is here to make the chapter feel usable in real life. If you feel overwhelmed, keep it very small. Think about one moment, one breath, one hard interaction, one coping tool, or one act of care instead of trying to figure everything out at once.

Bring this into real life.

What does body cues and needs look like in real life for me this week?



What support would make this feel simpler or more repeatable?



What pressure do I want to release while practicing this?



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Extra writing space

Use this page to write a letter to yourself for the next rushed, heavy, or survival-mode morning.



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Closing Reflection

A rooted morning does not have to be beautiful, quiet, or perfect to matter. It only has to be honest enough to help you begin with more intention than panic.

If you want more short printable supports after this guide, the Se Puede Free Resource Garden offers additional affirmation pages, grounding worksheets, self-trust tools, burnout supports, and grief resources for continued practice.



What I want to remember from Rooted Mornings

What part of this guide felt most helpful or most true?



What morning support do I want to keep practicing?



What would help me return to this guide when life gets loud again?



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