Exercise from Gail Yandell 4/6/2026

Divine Feminine Circle

Balance of Light & Dark

- **Where in my life do I feel out of balance right now?**
- **What parts of myself have I been ignoring or keeping in the "dark"?**
- **How can I honor both my strengths and my struggles equally?**
- **What does "balance" truly look like for me—not in theory, but in daily life?**
- **Am I giving as much energy to rest and reflection as I am to action?**

Rebirth & Renewal

- **What within me is ready to be reborn or reimagined?**
- **What old habits, beliefs, or patterns am I ready to release?**
- **If I could start fresh in one area of my life, what would it be?**
- **What seeds (ideas, goals, intentions) do I want to plant this season?**
- **What would it look like to fully step into a new version of myself?**

Inner Awakening

- **What ignites passion or excitement within me right now?**
- **When do I feel most alive and aligned?**
- **What has been calling to me that I've been hesitant to pursue?**
- **How can I nurture my inner fire without burning out?**
- **What does my intuition want me to pay attention to?**

Growth & Possibility

- **Where am I being invited to grow, even if it feels uncomfortable?**
- **What small step can I take today toward something meaningful?**
- **What would I do if I trusted myself more?**
- **Who or what supports my growth—and how can I lean into that?**
- **What does "blossoming" look like in my life this season?**

Gratitude & Presence

- **What am I grateful for that has carried me through the darker season?**
- **How can I be more present to the beauty of this moment?**
- **What lessons did I learn during my "winter" phase?**
- **How can I celebrate how far I've come?**