**“Inner Trove” Worksheet**

9/29/2023 Card of the day I pulled was from Wild Child oracle deck: it was the card: Trove- it has a picture of a crow with all kinds of trinkets in its nest.

From The Moonology Manifestation deck I pulled:

Last Quarter Moon In Sagittarius – Practice Gratitude

New Moon In Cancer- Relax

Last Quarter Moon in Taurus- Be Proud of Yourself

Self Care Oracle:

Spend Time with Friends

Hydrate

Positive Affirmations

Soak in a Bath

Burning Bowl Ritual

 So…what is a trove? It is a place where we keep treasured, cherished, and valuable things. We all have an “inner trove”. Things that we love and are important to us and our lives. So how do we focus on these? How do we remind ourselves daily what is important and what really matters? This tarot/oracle pull was an amazing reminder from God/Spirit just how we should do this! Sometimes it’s the simplest things, and we are just so caught up in life that we aren’t able see the “forest for the trees”, right? Meaning that we are so caught up in the details that we can’t see the more important bigger picture. That is where we rely on divine guidance to help us. Below is a worksheet to help get you started on tapping into your personal “inner trove”.

Print out this sheet or even better I suggest starting a journal. Even if you have never journaled before this will be a helpful way to begin. Be sure to answer the questions and jot down your thoughts and feelings on them as well as anything else you feel resonates with you. Use this space to really discover what your inner “trove” of cherished things are. What is really important to you and how do you tap into it?

1. **Practicing Gratitude**- Be mindful of the things in your life that you are grateful for, no matter how small.

I have a worksheet on my page that gives more details on how you can do this. We all need a reality check or some perspective sometimes and practicing gratitude is a wonderful way to do just that.

1. **Relax**- What does this mean to you? How do you unwind or how do you slow down the fast-paced life we all live. How do you practice self care? This is an excellent way to make sure we are getting what we need and not relying on others to always give that to us or help us fulfill that. What things did you do as a child or in the past that you truly loved? Did you love to read, sing, paint, take a nap? What were the things that brought out that playful, carefree inner child? Start by writing some of these down and trying to incorporate them as often as you can. You may even notice new things that you are really interested in, love or that resonates with you. As you do this, you will begin to notice a change in how you feel about yourself by allowing that inner child out again.
2. **Be Proud of Yourself**- We all have gone through struggles, hardships and heartache, to name a few, in our lives. That is part of being human. It is so incredibly easy to become discouraged, down and hard on ourselves because WE put the most pressure us. This is a reminder to be proud of how far you have come and/or for what you currently doing to better yourself. Self worth, love, kindness and care are basic human needs that we often forget to show ourselves or we put that power into someone else’s hands. We rely on others to fulfill us emotionally and we crave and seek approval or validation outside of ourselves. When we take our power back, we remind ourselves that we are worthy, we are enough. By doing this, we begin to validate ourselves and when we truly believe it, things change in our lives. Start thinking about how you look for this outside yourself or just simply deny yourself these things. If you don’t know how or where to start, Start by telling yourself every morning that it is going to be a great day. YOU deserve a great day! Today you are enough… You always have been and you always will be. Say this every morning and watch how your day unfolds. ☺
3. **Self-Care-** Self care is something that a lot of people forget to do. We get so caught up in daily life and routines that we neglect ourselves, but this needs to be important to us. These things are necessary to help make sure we are providing support and love for ourselves. If we want to be able to “pour into” or give to others we must first be “full” or taking care of ourselves. Below are the ideas for self-care that I pulled from the Self-care Oracle during this reading. If you are not use to or haven’t done anything like this for yourself in a while, this will be a great place to start. If you would like more ideas, take a look at my worksheet titled “Self-Caring”.
4. *Spend Time With Friends*- Surrounding yourself with friends and loved ones is an excellent way to recharge our batteries. These connections are a beautiful way to remind ourselves we are not alone and to not take life so seriously all the time. A lot of times connecting with people that we care about can rejuvenate that playful, childlike energy that gets sucked out of us from daily life. Take time to reconnect with the people that mean the most to you.
5. *Hydrate*- Life gets busy and we forget this small but important detail. Hydrating ourselves means drinking plenty of water but it also means much more. We need to remember to hydrate our spirit as well, being sure to provide the things in our life that help us “flow”. This will help us make sure we don’t have stuck, negative, or toxic energy and giving ourselves the adequate “Hydration” to bloom. For us to emerge, grow and evolve we have to “water” ourselves.
6. *Positive Affirmations*- This is the life blood for manifesting things in your life. From jobs and relationships to changing your toxic mindsets. Positive affirmations are the foundation for that. If you would like more information or help with this, check out my page!
7. *Soak in a Bath*- Just like hydration, this is necessary on a couple of levels. This is obviously amazing for being able to just relax, mediate or unwind, but it is helpful on an energetic level as well. Water is cleansing. It washes away the negative and toxic energy that surrounds us daily. You can do this by soaking in the bath, showering, swimming, or any time you wash water over you. As you wash the water over you, begin to mediate or visualize it cleansing away all the negative, toxic energy and purify and infuse positive energy. You can do this several ways. This would be a great time to say positive affirmations, visualizing as the water washes over you that white (or whatever color you see as rejuvenating or restoring to you) is imparting positive, loving energy. This will help you to feel more grounded and peaceful.
8. *Burning Bowl Ritual*- We talked a little about negative energy above and this is another great way to get rid of that. Fire is also used to cleanse, to purge and to manifest. Below are some examples of how you can use a burning bowl ritual. Take a piece of paper and write down any of these things that resonates for you:

-Negative/toxic traits, beliefs, habits or thoughts you have about yourself or others.

-Things you believe are no longer serving you

-Things you believe that are holding you back

-Any kinds of ailments or illness or things that bring you discomfort

-Things that you want to manifest in your life

Once you have written these down, make sure you have a fire safe place to burn the paper. You can find fire safe burning bowls on Amazon and other online/ local shops. During this time I usually say positive affirmations or other positive things to replace the negative things I am removing from my life. Do whatever feels natural to you. There is no right or wrong way to do this.

 If you do this, especially on a regular basis, it will help to keep you in a positive state. The more positive energy you attract, the more positive energy you can share! It’s a beautiful flow!

I hope this worksheet helps you find, develop, and honor your “Inner Trove”.

The examples above are only a drop in the bucket of ways you can tap into that. If you would like help, insight, or guidance, please feel free to reach out. You can message me on my site or you can email me at woundeddaisies@gmail .com.

Embrace your Journey!

Much Love!