
SUMMER
What Is Blooming?
Healing by Bridget®

A Warm Welcome to Summer

Summer is an invitation to pause and see what's growing in your life. Maybe you've made more time for something you love, kept a small promise to yourself, or started to feel more comfortable asking for what you need.

What's growing may look different from what you expected. Something you once thought would matter might feel less important now. Something small might mean more to you than you imagined.

As you move through these pages, take a moment to give yourself credit for what you've tended. If you notice something good, give yourself a little time to enjoy it.

A Moment to Take It In

Pause where you are and notice one thing that feels pleasant. It might be the coolness of a glass in your hand, a patch of sunlight, or a sound you're glad to hear.

Stay with it for a few seconds. Notice one detail you might usually pass over, like the way the light falls or how the cool glass feels against your fingers.

Give yourself a moment to enjoy it before you move on.

What feels good to notice right now?

What Is Blooming in My Life?

Think of something that feels a little easier now than it did a season ago. Maybe you speak up sooner when something matters, make more time to create, or feel more comfortable asking for help.

Can you remember a recent moment when you noticed that change? You might have told someone what you needed or picked up a project you'd been putting off. Let yourself remember how it felt in that moment.

If nothing comes to mind right away, think of something you do now that once took more courage or effort. It may feel ordinary today because you've had time to grow into it.

What is blooming in my life that I haven't paused to notice?

Celebrating What I've Nurtured

Think about something you've tended over time. It could be a friendship, a creative practice, or a small promise you've kept to yourself. Take a moment to give yourself credit for the care you've put into it.

What have I been tending that I'm proud of?

What did I do to help it grow?

Making Room to Receive

The next time something good comes your way, pause for a moment. It might be a kind word, an offer of help, or a quiet stretch of time you hadn't expected.

Try saying "thank you" and letting the compliment stand. You might accept the help if it feels right, or spend a few minutes resting before you decide what to do next.

Notice how it feels to let yourself have that moment.

What is one good thing I can let myself receive this week?

A Letter to Myself This Summer

Dear me, here's something I want to give you credit for…

A Warm Closing

Thank you for taking a little time to notice what's blooming in your life. As you close these pages, think of one thing you're glad you gave your attention to. Maybe it's something you've cared for over time, or something good you're learning to receive.

The next time you notice it, pause long enough to enjoy it. Let yourself take in the good before you move on with your day.

I can enjoy what is growing in my life.

With warmth,
Bridget

You're welcome to return to Moon & Seasonal Rhythms whenever you'd like another moment to pause and reflect.