Solunakēn

Notice What Supports You

A Gentle Orienting Practice

A simple way to recognize the support available around you and within your life.

1



Arrive.

Take a moment to check in with yourself.
What's here for you right now? Is there a money concern or decision on your mind?

2



Look Around.

Gently let your eyes explore your surroundings.
Notice colors, shapes, light, movement, and anything that catches your attention.

3



Notice What Supports You.

As you look around, is there something that brings a sense of comfort, steadiness, or ease? Perhaps the light through a window, a familiar place, or the ground beneath your feet.

Are there other resources you've gathered along the way that help you feel supported?

4



Return to Yourself.

Notice what, if anything, feels different now.
What might support you as you consider your next step?

What do you notice now?

PAUSE • ORIENT • ACT