

Herbal Joy
Holistic Herbalism Notes



MONTH:

INTENTION:

Listen to my body and be aware of my body's energetics. Focus on an aspect of my health each month and choose an herb of the month to support this aspect of my health.

HEALTH ASPECT TO SUPPORT:

HERB OF THE MONTH:

MY BODY'S ENERGETICS TODAY: (HOT/COLD, DRY/DAMP, TENSE/LAX)

FUN MOVEMENT:

SUPPORT FOR SLEEP:

MINDFULNESS:

NOURISHING FOODS:

NOTES: