

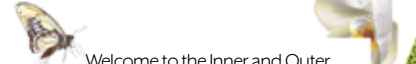
The book cover features a dark background with various green tropical leaves, including monstera and palm leaves, framing a central white circle. The text is arranged as follows:

**BECOME AN
INNER AUTHORITY
ON YOUR OWN LIFE**


INNER & OUTER

NATURE
SELF-DISCOVERY
DECK

JACKEE HOLDER



Welcome to the Inner and Outer Nature Self Discovery Card Deck. The 49 questions inspired by nature and trees will help you explore the rhythms, cycles and metaphors embedded in nature to unearth better solutions, spark ideas and inspire your life.



Nature is important for your mental health and wellbeing. Use the cards to gain different perspectives into everyday issues and dilemmas.

Shuffle the deck, select a question that excites you, turn the question over in your mind, breathe, then free write for five minutes. Alternatively select a random question from the deck and see where the prompt takes you.

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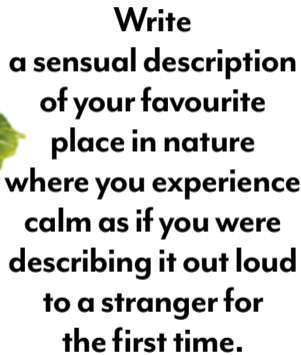
NATURE

**Journal
the word
'Nature'**



NATURE

**Write
a sensual description
of your favourite
place in nature
where you experience
calm as if you were
describing it out loud
to a stranger for
the first time.**





NATURE

**What
places in
nature have
shaped you?**

**How has this
impacted your
relationship with
nature today?**



NATURE

**Who
are you and who do
you become when
you allow yourself
to be deeply
connected and
appreciative of
nature and the
outdoors?**



NATURE

**What
restorative qualities
could you draw
from one of the
four seasons that
could be applied
positively in
your life
right now?**



NATURE

**What
would the
'rain' have
to say about
your current
challenge
or
opportunity?**



SEED

**Journal
the word
'Seed'**



SEED

**What
ideas or projects
would be better
served if viewed
as seeds?**

**...to be planted
now or later?**



SEED

**Where
are the fertile
environments
in your life
right now?**



SEED

**If you
had to choose
one small seed
like action,
what small seed
would you
start with?**



SEED

**How
would your
'Wild'
self respond
to the issue
you are
faced with?**



SEED

**What
are your wildest
dreams?**

**Put pen to paper
and seed
your wildest dream
on the pages.**



ROOT

**Journal
the word
'Root'**



ROOT

**How
do your
roots strengthen
and nourish
you?**



ROOT

**Where
in your life
would more
nourishing roots
yield fuller
blooms?**

A decorative border surrounds the central text, featuring a butterfly in the top left, various orchids (white and pink) scattered throughout, and tropical leaves like Monstera and palm fronds on the left and right sides.

ROOT

**How
deeply rooted
are your values
reflected in
your goals?**



ROOT

**How
do you ground
yourself?**

**What 3
rituals help
you feel
grounded?**

A decorative border surrounds the central text, featuring a butterfly in the top left, a palm frond in the top right, a Monstera leaf on the left, and various orchids and tropical foliage at the bottom.

STORMS

**Journal
the word
'Storm'**

A decorative border surrounds the central text. At the top left is a butterfly with yellow and brown wings. At the top right is a white orchid. On the left side, there are white orchids and a large green monstera leaf. On the right side, there are green palm fronds and a white orchid. At the bottom, there are more white orchids and a green plant with long, pointed leaves.

STORMS

**In the past
what has helped
you make
it through a stormy
period in your life?**

**What have you
learnt that would
help you right now?**

A decorative border surrounds the central text. At the top left is a butterfly with yellow and brown wings. At the top right is a white orchid. On the left side, there are white orchids and a large green monstera leaf. On the right side, there is a green palm frond, a white orchid, and a green leaf with yellow variegation. At the bottom, there are more white orchids and a green plant with long, pointed leaves.

STORMS

**What
if you stood still
right now?**

**What
might you see, hear,
feel or sense that's
different in this
space?**

A decorative border surrounds the central text, featuring various tropical elements: a butterfly in the top left, white orchids in the top right, a palm frond on the right side, a large green monstera leaf on the left side, and more orchids and palm fronds at the bottom.

STORMS

**What
if you could
see the wood
for the
trees?**

A decorative border surrounds the central text. At the top left is a butterfly with yellow and brown wings. At the top right is a white orchid. On the left side, there are white orchids and a large green monstera leaf. On the right side, there is a green palm frond, a white orchid, and another green leaf. At the bottom, there are more white orchids and a green plant with long, pointed leaves.

STORMS

**Imagine
you have the strength
of an ancient
oak tree?**

**How
would you put that
strength to work
right now?**



BLOOM

**Journal
the word
'Bloom'**



BLOOM

**What
everyday small
actions or
behaviours
allow you to
blossom?**



BLOOM

**What
kinds of
environments,
people or places
inspire you to
flourish?**



BLOOM

**How
and where
can you
help others
to bloom
or thrive?**



BLOOM

**Breathe...
deeply...
again
...how might
you blossom
despite
your current
challenge?**

The page is framed by a decorative border of various plants and butterflies. In the top left, a butterfly with yellow and brown wings is shown. The top right features a white orchid. The left side is decorated with a white orchid, a green monstera leaf, and another white orchid. The right side shows a green palm frond, a white orchid, and a green leaf with yellow variegation. The bottom left has a large green monstera leaf, and the bottom right features a green iris-like plant. At the bottom center, there are more white orchids.

BLOOM

**What
did it take to get
you to this moment
of full bloom in
your life?**

**How
could you create
more space for more
moments like this?**

A decorative border surrounds the central text, featuring a butterfly in the top left, various orchid flowers and leaves on the left and right sides, and a palm frond in the top right.

BRANCH

**Journal
the word
'Branch'**



BRANCH

**What
difference could
branching
out make to
your issue or
opportunity?**



BRANCH

**How
do you know
when a new
branch needs to
grow?**



BRANCH

**What
factors need
to be in place
to encourage
you to go out on
a limb?**



BRANCH

**Where
are the
buds growing
on the different
branches of
your life?**



BRANCH

**What
do you need
to let go of
to ensure
you move
forward?**

A decorative border surrounds the text, featuring a butterfly in the top left, a white orchid in the top right, a green palm frond on the right side, a large green monstera leaf on the left side, and various other tropical plants and flowers at the bottom.

BRANCH

**What
is it time to
incubate?**



GROWTH

**Journal
the word
'Grow'**



GROWTH

**Who
do you need
to connect with so
your ideas
can germinate
further?**



GROWTH

**What
would it take
to be less rigid
and more flexible
so you can
bend like a
tree?**



GROWTH

**What
do you need
to do or to be
to nurture your
growth?**

A decorative border surrounds the central text, featuring a butterfly in the top left, various orchids (white and pink) scattered throughout, and tropical leaves like monstera and palm fronds on the left and right sides.

GROWTH

**What
area(s) of
your life or work
would you
like to
experience new
growth?**

A decorative border surrounds the central text, featuring various elements: a butterfly in the top left, orchid flowers in the top right, a monstera leaf on the left, a palm frond on the right, and more orchids and monstera leaves at the bottom.

GROWTH

**What
is ready
for
harvesting?**



GROWTH

**What
if you viewed your
current challenge
as ‘you not being
buried’ but instead
‘as you being
planted’?**

**What’s possible
now?**



WISDOM

**Journal
the word
'Wisdom'**



WISDOM

**What
advice would a
wise ancient tree
have to give
you about your
current
challenge?**



WISDOM

**Looking
back over
your life,
what have you
grown through
and into?**



WISDOM

**What
question would
you take with
you on a walk
today?**



WISDOM

**Allowing
myself to accept
who I am,
what might this
mean for who
I am
becoming?**



WISDOM

**If you
stood tall like
a tree
what might your
wise self whisper
to you?**



WISDOM

**Mirroring
the acorn to
oak theory,
how mighty
could you imagine
thriving in this
area?**