

ROOTBOUND

Break free from feeling stuck; it's your time to thrive!

A keynote reflection guide

Take a moment. Before we go any further...

What feels true for you right now?

- ☐ I feel stretched thin
- ☐ I feel stuck or stagnant
- ☐ I feel capable... but tired
- ☐ I look fine on the outside, but something feels off
- ☐ I'm not sure what needs to change—but I know something does
- ☐ I feel completely satisfied in all areas

The Cost of Staying Rootbound (Just notice—no judgment)

What shows up for you first?

- ☐ Fatigue
- ☐ Irritability
- ☐ Disconnection
- ☐ Quiet resentment
- ☐ Loss of energy or joy

Notes / Moments that resonated:



The 3 Pots That Keep Us Stuck



1. Roles & Relationships

- Where are you performing... instead of growing?
- What role feels outgrown?
- Where are you showing up out of obligation instead of alignment?



2. Beliefs

- What story is quietly running your life?
- What belief feels heavy or outdated?
- If you rewrote it, what would be true instead?



3. Habits

- What feels automatic... but no longer serves you?
- Where are you choosing comfort over possibility?
- What habit might you release if you trusted yourself?

Which pot feels tightest right now?

You don't need to fix everything.

Just notice where your roots may need more space.



The Repotting Shift

Is there one area that you are feeling ready to explore?



The 5-Step Repotting Process

1. Remove

Tell yourself
the truth

2. Untangle

Notice what's
really there

3. Dig Deep

Go beneath
the surface

4. Prune

Let go of what
no longer fits

5. Transplant

Choose what
supports your
growth

Reflection

- What do I need to be honest about?
- What is actually keeping me stuck?
- What might need to be released?
- What would growth look like for me now?

The Messy Part

Sometimes growth feels:

- uncomfortable
- uncertain
- chaotic
- regretful

Messy does not mean you made the wrong choice.

Where does growth feel messy in your life right now?

Seasons of Growth

"Change is not something that we should fear. Rather, it is something that we should welcome. For without change, nothing in this world would ever grow or blossom."
— B.K.S. Iyengar



Where are you right now?

☐ Planting ☐ Growing ☐ Harvesting ☐ Resting

Notes on your current season

What might this season be here to teach you?

Resilience



Decide Your Way

Who do you want to be inside hard moments?



Circle Your Day

What future moment are you anchoring yourself to?

Target Anchor Date



Gratitude

Where can you find something to be grateful for?

“Resilience isn’t about pretending things don’t knock us down. It’s about not staying down.”



Reflections

"Knowledge without action is useless, and action without knowledge is futile."

— Abu Bakr



Reflections

1. Where are your roots asking for more space?

2. What in your life needs pruning so your energy can be redirected?

3. What pot may be calling you forward?

Your 24-Hour Commitment

Insight changes nothing without action.

In the next 24 hours, I will:
