

# Exploring my Story

Why I want to learn about herbalism?



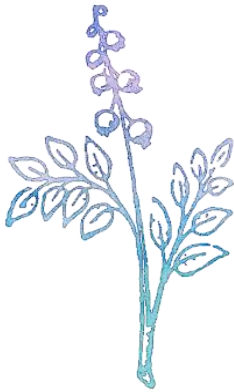
My first plant memories . . .

playing, growing, using, eating, drawing, communing, harvesting, etc.



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How did your interest in plants begin?



How did people respond to this interest?



# Exploring my Story

How have you supported yourself in the herbalism journey?



Who has supported you in the herbalism journey?

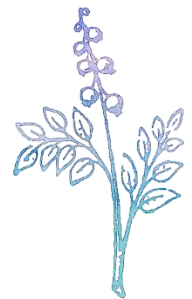


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How have you blocked yourself in the herbalism journey?



Who or what has blocked you in the herbalism journey?



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What can you do to make more space to nurture your learning?



More space for journaling

