



Salt + Soil Wellness

Elemental Journal Template

Use this space to check in with yourself through the lens of the elements. Let each question be a doorway back into your body, your emotions, and your deeper knowing.



You don't need to answer everything. Just start where you are.

Water | What needs to flow?

What emotions or thoughts are I holding in? What would feel like a release?

Fire | What's burning bright—or burning me out?

Where is my energy focused right now? What fuels me? What drains me?





Earth | What grounds me?

Where do I feel most stable, supported, or connected to the present moment?

Air | What thoughts need to move?

What stories, ideas, or beliefs are circling in my mind today? What's ready to clear?



Reflection Prompt (Optional):

What came up for me as I moved through the elements? Where might I want to give more attention or care?



Salt + Soil
ROOTED WELLNESS.
ELEMENTAL HEALING

