

Introducing The CARE Ritual Devotion

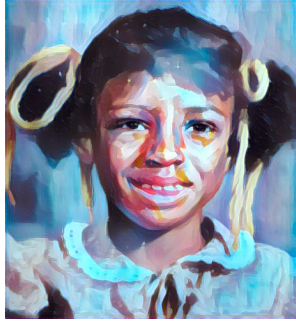
A COURSE COMPANION ON NOTICING, NURTURING &
EMBODYING SABBATHING RHYTHMS

The 30-Day Intentions



~~NOTEPAD~~ JOURNAL

IMAGINED BY
ANDREA ANGIE PALMER



This Sabbathing Rhythms Daily Intentions Journal
is dedicated to little Angie, the list-making, scribbler, past + present. She gets it
from her momma, Eunita.

-

"a new, gentler way of being + gettin' daily stuff done awaits you, souljourner." - Angie

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A NOTE TO THE CO-CREATOR:



The paper used to print this book is rated for
colored pencils and non-bleed inks for your
writing + meditative, coloring experience.

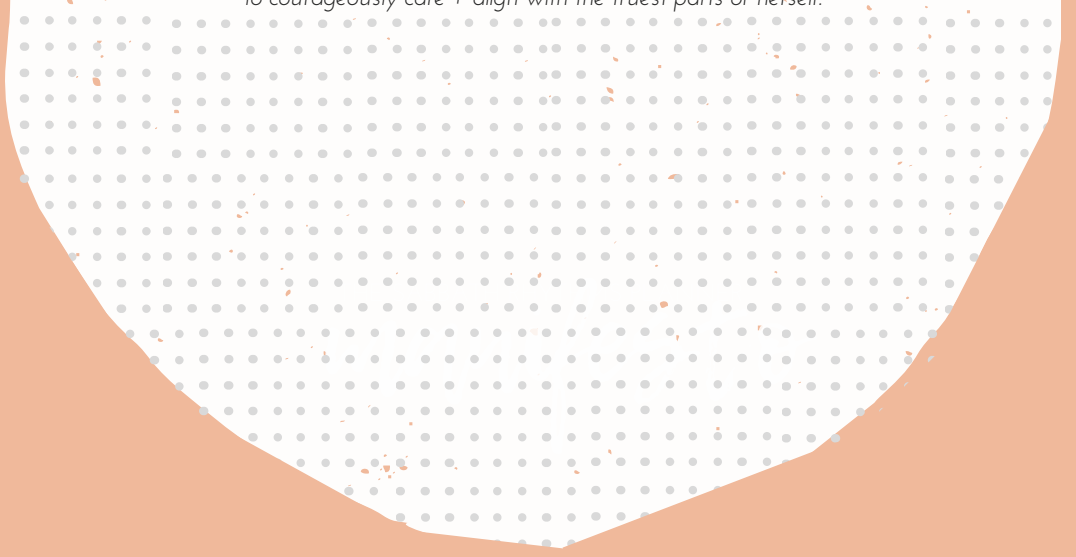
An Embodiment Affirmation:
What I do. How I do what I do, flows from
my being + what I believe I am worthy of.

INTENTIONAL *care*

THIS JOURNAL

belongs to:

Think creatively. Along with your name, add an intentional care manifesto: "Angie intends to courageously care + align with the truest parts of herself."



CARE

*The CARE
Ritual is the
sum total of
all the
things you
do for
yourself as
you begin
your day.*

So what is the CARE Ritual?

The CARE Ritual is a nourishing daily devotion for your soul care. Consider it your temple's template, which helps you create and describe the ingredients in your daily tending practices.

This journal awakens + guides you to notice + nurture + embody the cyclical rhythms that help you sabbath in your being + doing.

SOULjourner, I invite you to patiently reimagine what it looks like to take back custody at the start of your day and each moment throughout the day by adopting this CARE Ritual for yourself:

(C)ontemplate

who I am + my annual word.

(A)lign

with my annual word + emotion with my core values.

(R)est

in a sensual gratitude.

(E)mpathy

in my intentions + goals.

Now let's go deeper with the overview guide on the next page.

RI TU AL

A CARE Ritual Guide

Overview

SOULjourner, thank you for joining me. I know you like to get stuff done (so do I!). But at what expense? Let's take a gentle, shalom-making, sabbathing way for the next thirty days. Consider subscribing to receive automatic monthly shipments of the journal and save monthly!

Here's an overview guide to get you started with each SOULution Sheet section of the CARE Ritual.

1

DATE + entrust each day to the Beloved, again and again. Getting things done for the day isn't the aim—connection + alignment of energy is. You are more than your to-do list. There is a holy fluidity in your days, which invite you to welcome your flow with upstream Sabbathing Rhythms.

2

WHO AM I is an invitation for you to affirm a blessing over yourself. Daily, you will begin with a manifesto for your human "beingness" in all of your doing, some examples: "I am being patient with myself." "I am attentive." "I am open." "I am loved." "I am becoming more aligned with truth." "I am holy expansion." "I am a sensual sanctuary." "I am worthy."

3

GRATITUDE invites a mindset of abundance. Having a gratitude approach to going about your day welcomes your senses to notice what's already present and done. Research shows that your mindset in the morning impacts your entire day. This section will help you focus on the abundance of the ongoing health effects of gratitude. I refer to these as "Ta-Da's."

4

INTENTIONS + PRIORITIES are about what you intend "To-Do," which is rooted **FIRST** in the practice of putting on your oxygen mask before giving it to others. It's essential to give TO yourself as much as you give TO others. Attending to your wellbeing is sacred, not selfish—it's your shalom strut, your revolutionary rest respite, your freedom flex, your vitality vibe. When you begin an intention, simply mark your progress by coloring in the hearts.

5

GOALS are empathy centric, not ego-centric. They should be SMART (Specific, Measurable, Attainable, Relevant, Time-based). Your goals are the desired outcome you value, which emerges from the life you already have, not the one you are pursuing. But you **DO NOT** control or grind out goals. You get to let grace + your energy budget shape and shepherd your intentions and their priority. It's not about hierarchy, rather, it's about having your core values aligned with a vision of your belovedness imbued within a compassionate, rhythmic plan.

Good to Ponder: Keep your vision steady + your plans fluid. Make that a morning mantra. One more thing about goals, **approach them in small chunks with milestones in mind** to avoid overwhelm + grind = burnout.

Burnout is war against your humanity, not a badge of honor. When a milestone is met, celebrate your #smallwins. If I do not get to all of your intentions, find liberation in tweaking things and choose to pick up where you left off to follow-up the next day. #makepeacewiththefollowup

Speak + Savor This Affirmation:

"I am a deeply rested, shalom-making sanctuary of holistic, hospitable transformation. Grace summons me whether things go as I have planned or not. No matter what, I know the purpose of the Most High will be carried out (Proverbs 19:21) - Ase' + Amen."

Tracking Monthly rhythmic cycles

Complete the four sections as they align with the current phase you're in. If you aren't menstruating, you can work with the New Moon as an indicator of a new cycle. To go deeper, enroll in the Sabbathing Rhythms online course. **Please, make sure to color in the battery for your energy level at the time of journaling.** Shade in the two bottom portions of the battery = mid-energy, shade in the tippy-top only = high energy. You get the ideal! Each day you set your intentions, you'll also track these monthly cycles.

Waxing Moon - Begin + prepare projects/ideas: FOLLICULAR RISING helps you put those new cycle intentions into place that you set. Your energy is peaking.

In the follicular phase, what you let go in the new moon/menstruation, has left space for new opportunities + ideas to flourish. Reflect + scribble what you're reading or listening to that's new. Learn something new, or review/reiterate intentions for the month.



DATE

Waxing - Begin
(This can be the Waxing Crescent, First Quarter, or Waxing Gibbous)



When did you sit to reflect? (underline or circle) AM or PM

Full - Open



When did you sit to reflect? (underline or circle) AM or PM



DATE

Full Moon - Celebrate + amplify your energy: OVULATORY CREATIVITY helps you make the most of this sensual time by connecting with your body. Sexual desire reaches a high around this time.

List who to connect with. Your verbal + social centers are hormonally supercharged during this phase, so each day focus on connecting with your community in some way. Or list what has come to fruition and what hasn't. Reflect + scribble.

Waning Moon - Complete: LUTEAL INCUBATION helps you go inward. The truth speaking, luteal phase isn't so highly praised. But this is a time when your true feelings may surface so pay attention to your overnight dreams.

Start to slow down. Trust the Spirit to guide your intuitive movements. It's a wonderful time for solo projects + nesting. We naturally become more sensitive and have a heightened awareness the closer we get to a new cycle, the more we have a lower threshold for bs. What are you taking off your to-do list? Reflect + scribble.



DATE

Waning - Inward
(This can be the Waning Gibbous, Last Quarter, or Waning Crescent)



When did you sit to reflect? (underline or circle) AM or PM

New - Rest



When did you sit to reflect? (underline or circle) AM or PM



DATE

New Moon - Set Intentions: MENSTRUAL RELEASE - let go of anything that you no longer need to hold physically, emotionally, or energetically.

(The New Moon is considered a Sabbath)
New beginnings. Journal about life shifts + what you're grateful to be 'shedding' today. No matter how messy, it's a necessary rest + release + renewal. Surrender it, sis. Let the energy move through you. Stagnant energy is inflammatory. Reflect + scribble.

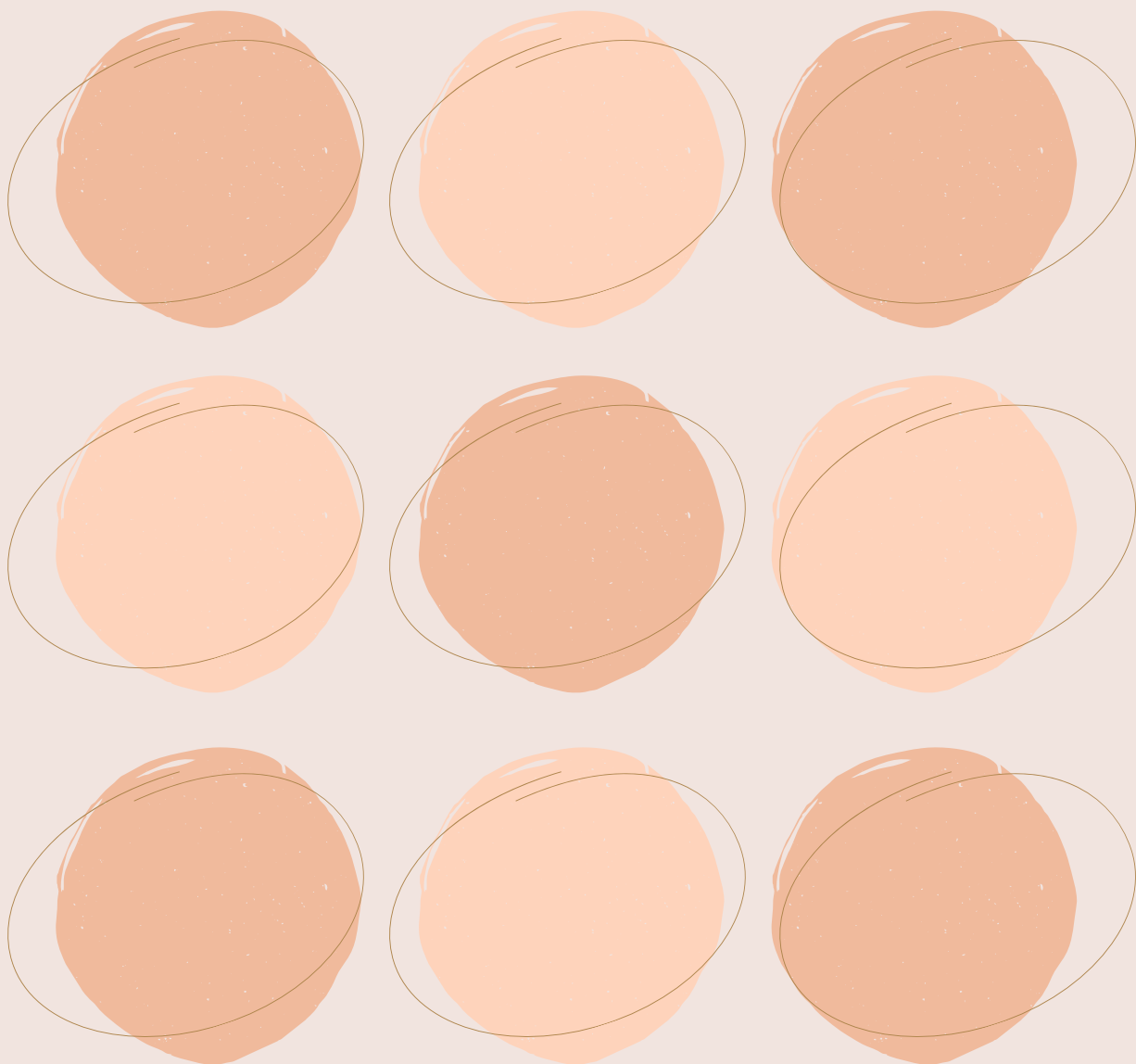
Notice + Nurture + Embody your Sabbathing Rhythms in your menstrual cycle.
(If you are perimenopausal/post menopausal/unsure of your phase, notice the current phase of the moon)

☉ WAXING MOON/FOLLICULAR ○ FULL MOON/OVULATORY ☾ WANING MOON/LUTEAL ● NEW MOON/MENSTRUAL

Follicular (inner spring): BEGIN + PREPARE Ovulatory: (inner summer) CREATIVE + SENSUAL Luteal: (inner fall) COMPLETE + INWARD Menstrual: (inner winter) REST + RELEASE

What I intend to get out of this
daily intentions journal

SCRIBBLE WITHIN THE CIRCLES.



DATE: / /
 TIME: :

SABBATHING RHYTHMS TODAY

use with the emotional wellbeing card deck

Good to Know:
 Intentions
 desired plan
 Priorities
 order of importance
 Goals
 desired outcome

Who am I? I am... a caring + cared for person

Word for this year: rooted Primary emotion: curious

optional

use with the 5 senses card deck

Note to self: Today, I will choose to notice + nurture + embody holistic, sustainable living.

My Savoring of Gratitude What I've already done (Ta-Da's)!

I tasted my first cup of water w/fresh blueberries + lemon. I am nourished.

I enjoyed the Smell of my lavender body butter as I anointed my body. I am grounded.

Hearing the faucet running reminded me of the streams of living water within me. I am accompanied.

I see Sammy's smile, it opened me up. I am embraced.

I feel the tightness in my finger joints, I pause for turmeric tea + my hand exercise. I am worthy.

My Service of Liberated Love What I intend to do (Ta-Do's)!

It's OK if I begin with me.

My Intentions + Priorities

My Goals

Time Projection:

TOP MUST 3 THINGS TO NURTURE

Me: CARE looks like: drink h2o + herbal tea + light candle+ anoint body + playlist/stretch/dance + pray/journal + tend to plants + eat/supplements

STARTED =
 DONE

Prioritize + savor my wholeness

5 am
 1.5 H

Fam: Teach English + science + geography

STARTED =
 DONE

Leave a legacy + cultivate connection +curiosity

9 am
 3 H

Biz: Record podcast episode 61 (no editing)

STARTED =
 DONE

Document meditation + teachings for SOULjourner collective

12 pm
 1 H

Biz: Budget + Bookkeeping

STARTED =
 DONE

Know numbers + get out of debt invest + save for new computer + restock inventory

2 pm
 1.5 H

Fam: Grocery Shopping using Instacart

STARTED =
 DONE

Buy life-giving food + optimize time + save fuel

4 pm
 20 M



OK TO DO TOMORROW

● WAXING MOON = AMPLIFY ○ FULL MOON = CELEBRATE ● WANING MOON = RELEASE ● NEW MOON = REST Total Budgeted Time = 7h 20M
 Follicular (inner spring): BEGIN + PREPARE Ovulatory: (inner summer) CREATIVE + SENSUAL Luteal: (inner fall) COMPLETE + INWARD Menstrual: (inner winter) REST + RELEASE

(Circle or underline the current lunar phase and/or your current biological phase.)

Notice + Nurture + Embody your Sabbathing Rhythms within a monthly cycle.

*If you are perimenopausal/post menopausal or unsure of your phase, follow the current phase of the moon.

DATE: / /
 TIME: :

SABBATHING RHYTHMS TODAY

Good to Know:
 Intentions
 desired plan
 Priorities
 order of importance
 Goals
 desired outcome

Who am I? I am... _____

Word for this year: _____ Primary emotion: _____

Note to self: Today, I will choose to notice + nurture + embody holistic, sustainable living.

My Savoring of Gratitude What I've already done (Ta-Da's)!

My Service of Liberated Love What I intend to do (Ta-Do's)!

It's OK if I begin with me.

	My Intentions + Priorities		My Goals	Time Projection:
TOP MUST 3 THINGS TO NURTURE		STARTED =		
		DONE		
OK TO DO TOMORROW		STARTED =		
		DONE		

WAXING MOON = AMPLIFY
 FULL MOON = CELEBRATE
 WANING MOON = RELEASE
 NEW MOON = REST
 Total Budgeted Time = _____
 Follicular (inner spring): BEGIN + PREPARE
 Ovulatory: (inner summer) CREATIVE + SENSUAL
 Luteal: (inner fall) COMPLETE + INWARD
 Menstrual: (inner winter) REST + RELEASE

(Circle or underline the current lunar phase and/or your current biological phase.)

*If you are perimenopausal/post menopausal or unsure of your phase, follow the current phase of the moon.

Don't squeeze everything into today, the CARE ritual invites you to leave a patch of sky in your day for improvisation + interruptions.

DATE: / /
 TIME: :

SABBATHING RHYTHMS TODAY

Good to Know:
 Intentions
 desired plan
 Priorities
 order of importance
 Goals
 desired outcome

Who am I? I am... _____

Word for this year: _____ Primary emotion: _____

Note to self: Today, I will choose to notice + nurture + embody holistic, sustainable living.

My Savoring of Gratitude What I've already done (Ta-Da's)!

My Service of Liberated Love What I intend to do (Ta-Do's)!

It's OK if I begin with me.

	My Intentions + Priorities	My Goals	Time Projection:
TOP MUST 3 THINGS TO NURTURE	STARTED =		
	DONE		
OK TO DO TOMORROW	STARTED =		
	DONE		

WAXING MOON = AMPLIFY
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 Menstrual: (inner winter) REST + RELEASE

(Circle or underline the current lunar phase and/or your current biological phase.)
 *If you are perimenopausal/post menopausal or unsure of your phase, follow the current phase of the moon.
 Keep your plans fluid + your vision steady. Blessed are the flexible for they shall bend and not break.

A List of Things That Help Me Rest in sensual gratitude

In this activity, you are curating + creating the ingredients for the 'R' in your unique, daily CARE Ritual devotion. Your CARE Ritual is the sum total of all the things you do for yourself as you begin your day.

(think of at least 3 minimum non-negotiables + a mini-manifesto for each)

The worksheet features a 3x3 grid of nine orange circles, each with a thin black outline. Above the circles are six hand-drawn question bubbles. The top-left circle contains handwritten text: "start the day with water." followed by a "MANIFESTO:" section with the text "My cup runneth over. I will prioritize healthy hydration. I am 80% water, without water, I don't exist."

Question bubbles and their text:

- What are you drinking?
- how are you moving your body?
- What are you meditating on?
- What are you reading?
- What are you eating?
- What are you touching?
- What grounds your body, mind, spirit?

My Care Plan checklist

I will courageously + compassionately
give TO myself from my core values...

List at least your top 3 core values. But feel free to fill in
all spaces - don't overthink it. Simply notice.

1

2

3

I will courageously + compassionately
give OF myself to my relationships...

List the relationships you are rhythmically tending to.
It's ok for your focus + intensity to shift.

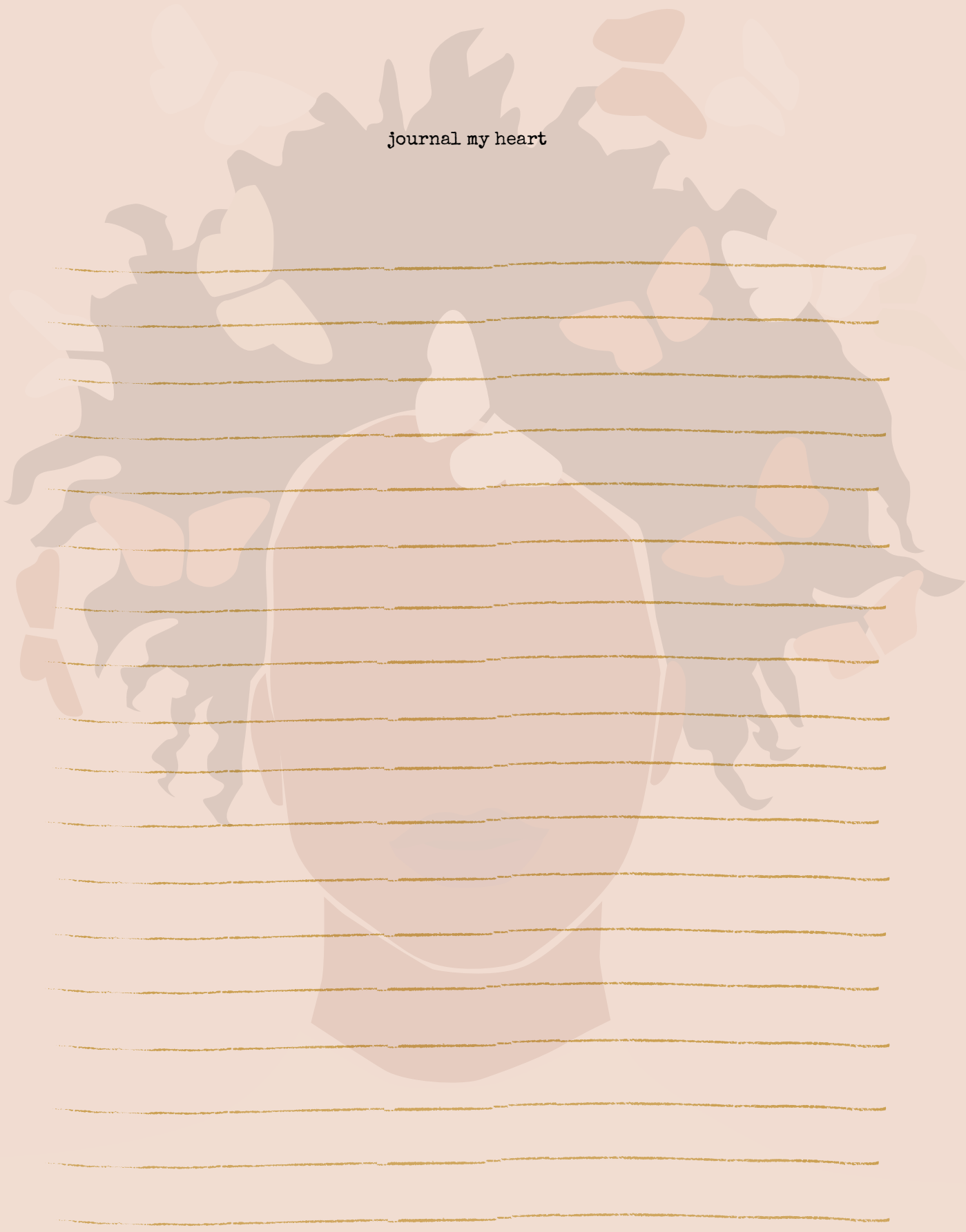
I will break down this current or next
project/idea into small chunks (milestones)

List them. Then, prioritize them with numbers. This takes
the courage to surround your desire with discipline.

These are the places that
help me curiously + creatively tend to my bliss.

List inward places of your heart + outward places of your
happenings (ex. **heart:** gratitude **happenings:** outdoors)

journal my heart



R e s t resources

REST RESOURCES BY ARTIST ANDREA "ANGIE" PALMER
HELPING WOMEN CREATIVELY, CURIOSLY & COURAGEOUSLY
ATTEND TO THEIR WHOLE BEING

"It's grace to give TO yourself, as much as you give OF yourself."



We're joyfully pairing more beautiful, contemplative insights with inspiring designs. Our books and rest resources create sustainable + healing experiences that renew the mind + refresh the soul. We awaken scribblers + speakers who desire to integrate and embody the art + activism of soul care. Distinctive in its strong emphasis to encourage + publish Black writers.

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✉ Join our soul care & self-care Community! We create and curate many SOULutions for your SOULbriety pilgrimage: mohawkmommastudio.com

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📷 mohawkmommasoulcare



Sacred Scribbling + Speaking + Soul Care + Self-Care is our thang!

Work-play + rest from love not for it
*as you notice, nurture, and embody
the narrative of a holistic, cyclical, and rhythmic
life—be unhurried.*

The card decks

The Five Senses Card Deck Set of 7 cards - 3" x 3"



Hello SOULjourner of this intentions journal!
Normally, they're called a "to-do" and come on a pad. But we think binding them journal-style is not only creative, but far more functional. *The Five Senses + Emotional Wellbeing Card Decks* were created as a companion to the Sabbathing Rhythms online course to pastor you into greater awareness + alignment of your feelings + flow. The card decks can be purchased without course enrollment.

One side is for meditative coloring, the other side, for meditative reflection.

For more online course deets, go to mohawkmommastudio.com/soulcareclassrooms.

Engage your emotions with more care + less criticism. Deepen your emotional awareness + connections as you embody a more mindful approach to soulful + emotional flourishing.

One side is for meditative coloring, the other side, for meditative reflection.

When you shop with soul from our boutique, your purchase helps us to give 10% to our shalom-making partners.



Emotional Wellbeing Card Deck Set of 16 cards - 3" x 3"

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EMBODYING SABBATHING RHYTHMS

The 30-Day Intentions

~~NOTE~~PAD JOURNAL



Andrea "Angie" Palmer Scribbling woos her, then + now.



www.mohawkmommastudio.com
PUBLISHING & COMMUNICATION
notice + nurture + embody

