



BE VERDANT

# SUPPLEMENTAL GUIDE

## Episode 24: Grabbing the Vine

### 10 Questions to Identify Vines vs Snakes When You're Sinking

1. **Have you taken care of the basics?**
2. **Are you being kind to yourself?**
3. **What is this reminding you of from your past?**
4. **Can you get into nature?**
5. **Can you grab something cold or warm to help you focus?**
6. **Who can you connect with to get grounded?**
7. **Will this matter a year from now?**
8. **Are you behaving within your values / with integrity?**
9. **Are you clear about your purpose?**
10. **Can you try a mindfulness technique (see Ep 23: Messy Mindfulness for several)?**

Find more tips at <http://verdantconsulting.net>