

Expression Number 6 - The Nurturer

You feel a deep responsibility for others, and often put their needs before your own. You crave harmony, beauty, and meaningful relationships. Journaling helps reconnect you to your voice, especially when you've been holding space for everyone else.

1. In what areas of my life am I giving more than I'm receiving?

Explore where your energy is flowing and whether it's reciprocal.

2. How do I define love—and how do I show it to myself?

You give love so freely. Reflect on how you can turn that inward.

3. What expectations am I holding for myself or others that may need softening?

Let go of the "perfect" image. Lean into what's real and enough.

4. How can I set a loving boundary that protects my peace?

Boundaries aren't walls—they're bridges to healthier connection.

5. What relationships in my life feel truly nourishing? Which ones drain me?

Your energy is sacred. Get clear on what deserves your time and heart.

6. What does home mean to me—and how can I create more of that feeling within?
You're the builder of sacred spaces. Start from within.

7. What part of myself needs care and attention right now?
Tune in to your inner child, body, or emotions—what's asking for nurturing?

8. What legacy do I want to leave through the way I care for others and myself?
You're here to serve—but you're not here to self-sacrifice. Let your care be expansive,
not exhausting.