

*remember that your roots give you
strength. sink them into what is good.
celebrate the bloom.*

- ka'ala

*rooted
fifty-two weeks of intention*



ka'ala

ka'ala

*you are worth the same love, time,
and effort that you pour into others.
start watering you.*

- ka'ala

*watered
a daily journal of intention*

watered

a daily journal of intention



ka'ala

ka'ala