

HARVESTING YOUR GARDEN

Are you ready to grow your garden?

Imagine your life as your "soil" referring to the combination of your mind and heart working harmoniously toward positive outcomes. Just like in gardening, where nutrient-rich soil is essential for plants to thrive, in life, we need to cultivate a healthy mindset and emotional well-being. However, just as soil needs to be cleared of rocks and debris for optimal growth, we must also filter out unconstructive thoughts and emotions from our lives before we can truly flourish and nurture our personal "garden" of experiences and achievements.



AVOID

Comparing
Competing
Criticizing
Complaining



PRACTICE

Gratitude
Self Awareness
Kindness
Acceptance



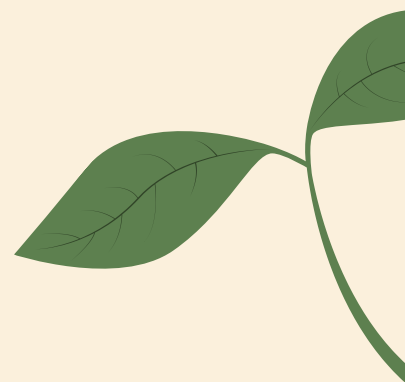
Nourish Your Garden:

Mindfulness
Resiliency
Connections

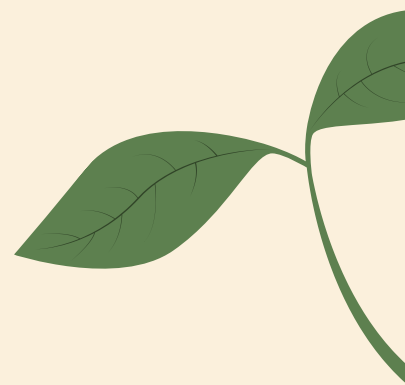


Soil Check:

- What is my heart feeling?
- Does this feeling make sense?



HARVESTING MY GARDEN



What is my heart currently feeling?

01

What is the context of this feeling?

02

What can bring sunshine into my garden today?

03

What flowers of kindness can I bloom today?

04

In what ways or to what extent can I turn my worry, frustrations, or emotions into work today?

05

Celebrate! What is a celebration I can be proud of today?

06

