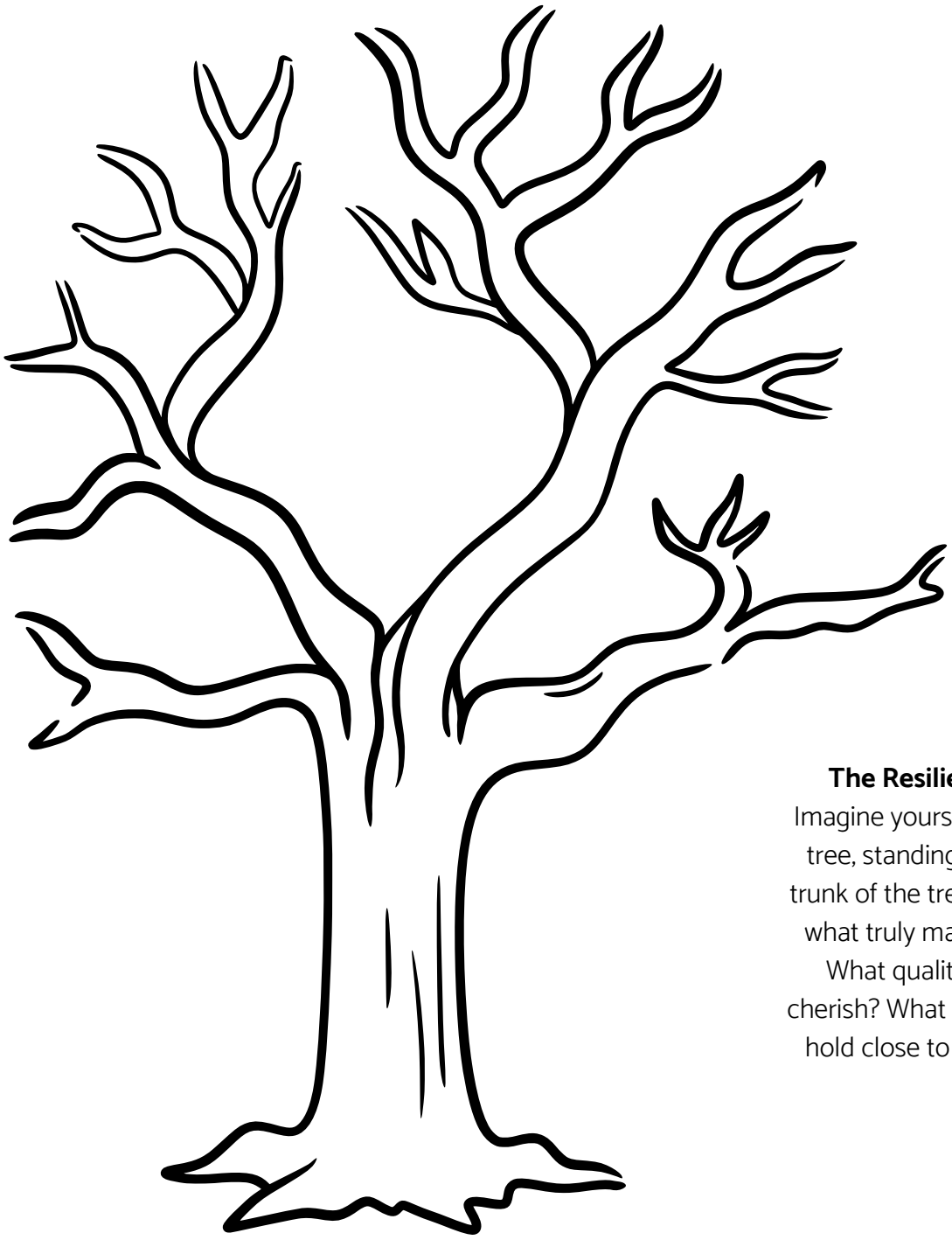
Falling Leaves: Draw leaves of various shapes, sizes, and colors. On each leaf, jot down limiting thoughts, beliefs, and actions. NOW, imagine these thoughts falling away, just like leaves drifting to the ground.

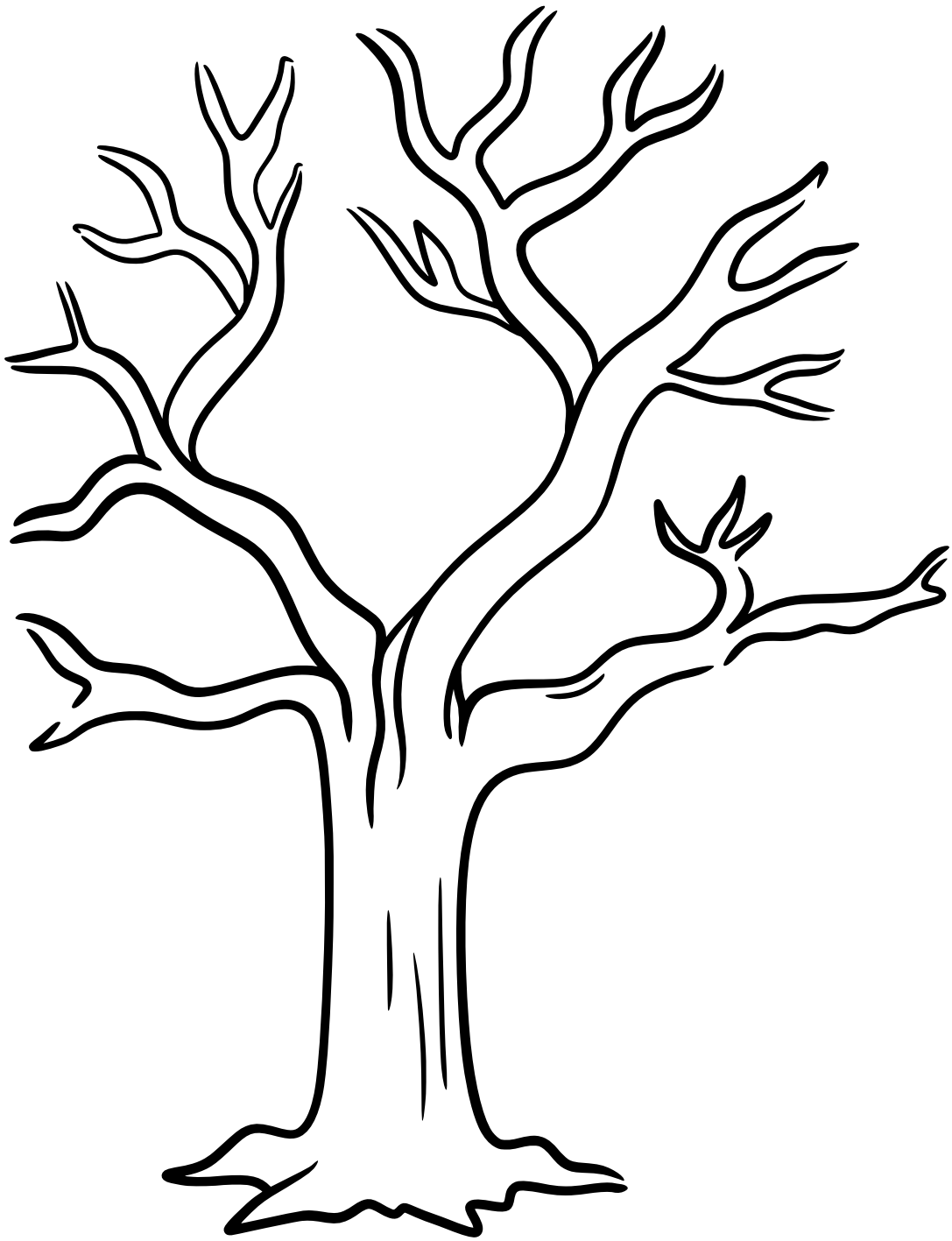


The Resilient Trunk
Imagine yourself as a sturdy tree, standing tall. On the trunk of the tree, write down what truly matters to you. What qualities do you cherish? What values do you hold close to your heart?

Strong Roots:
Dig deep, like the roots of a tree. Write in what nourishes your soul, what energizes you, brings you peace, and recharges your spirit.

Embrace the Spring

Visualize opening up to new possibilities, having let go of negativity and the past. Draw and color in the leaves and flowers of springtime. Write down affirmations and beliefs that help you grow.



Let the Trunk & Roots be the the people and environments that help your grow into yourself.
Remember, just like the tree, you're evolving, becoming stronger, and more beautiful with each season.