

Flourishing in the Garden

Week 4: Self-Love



SELF-LOVE CAN COME IN MANY FORMS. HERE WE WILL ACKNOWLEDGE OUR STRENGTHS AND THINGS THAT WE LOVE ABOUT OURSELVES.

CIRCLE YOUR STRENGTHS BELOW

FRIENDLY	DETERMINED	CARING	RESPECTFUL	DEPENDABLE	MOTIVATED
OPEN MINDED	HARDWORKING	FOCUSED	TRUSTWORTHY	GENEROUS	FORGIVING
INDEPENDENT	LOYAL	CONFIDENT	NON JUDGEMENTAL	COMPASSIONATE	SOCIABLE
UNDERSTANDING	BRAVE	THOUGHTFUL	ASSERTIVE	PLAYFUL	STRENGTH
HUMBLE	CREATIVE	PATIENT	ATHLETIC	APPRECIATIVE	ASKS FOR HELP

SELF LOVE CAN SHOW UP IN A VARIETY OF WAYS. ONE OF WHICH CAN BE TO LISTEN TO OUR BODIES TO HEAR WHAT WE MIGHT NEED. WITH DISCIPLINE AND COMPASSION, WE CAN CREATE AN INTENTIONAL ENVIRONMENT TO GROW.

NAME 3 WAYS YOU CAN SHOW YOURSELF LOVE

