

Ways To Nurture Your Garden

Simple ways to nurture your growth.



Water Your Garden

Give yourself what helps you grow.



Pull a Weed

Clear out one small frustration.



Plant a New Seed

Start something new, even if it's small.



Let Your Petals Perk Up

Pause and notice what helps you feel lighter.



Choose What You Plant

Be mindful of what you focus your energy on.



Rest in the Shade

Take a break when you're feeling tired.



Grow Together

Ask for help and grow with others.



Tend to Small Things

Care for the little parts of your day.



Care for Your Tools

Use what helps you feel supported.



Clear the Weeds

Let go of thoughts or habits that don't help.



Carry What You Can

Do what you're able to today.



Soak in the Sunshine

Spend time with what brings warmth and calm.