



You Are a Gardener®

GROW

With The Flow The Garden Cycle™

01

Weeds

Life's challenges often show up in everyday moments:

- Someone upset me
- I saw something that scared me
- I worried about something that might happen

Weeds are the thoughts and emotions that can weigh us down and make it harder for us to feel balanced, calm, and positive.



#PullYourWeeds® with Gardening Tools

02

When weeds appear, we can reach for healthy gardening tools to help us reset and grow:

- Talk with someone you trust
- Journal your thoughts and feelings
- Listen to uplifting music
- Meditate or take deep breaths
- Cook, bake, or craft something creative

These tools help us “grow with the flow” instead of getting stuck in the weeds.

Talk About It

* Journaling

* Create Something

* Ground Yourself

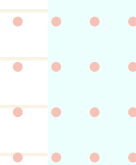
03

Seeds

From every challenge comes a seed of growth. With the help of our gardening tools, we may begin to notice the small but powerful shifts happening within us.

- Patience – giving ourselves time and space to work through feelings
- Self-awareness – recognizing what we're feeling and why
- Resilience – finding the strength to keep moving forward
- Perspective – remembering that feelings come and go, just like seasons in the garden

Seeds are the positive lessons we carry forward, and over time, they grow into new strengths that help us flourish.



04

Flowers

Flowers are the things that make you happy, the moments you feel grateful for, or something you're looking forward to. They are also the positive, healthy distractions that take your mind off a weed and create space for hope and positive thoughts. Flowers are the bright feelings we want to notice and grow more of:

05

Growth

The garden cycle shows us that even negative moments can turn into something positive. With the right gardening tools, every weed becomes an opportunity to plant new seeds and grow into flowers of gratitude and joy.

