

LIGHTEN

4 Steps To Lighten Your Load and Let Go of Heavy Weeds

1 Bring Your Heavy Weeds to the Surface

Notice the thoughts that weigh you down so you can start to release them.

2 Communicate and Connect

Share your thoughts and feelings — connection helps us heal.

3 Choose Healthy Gardening Tools

Use tools that help you feel calm, confident, creative, and connected.

4 Lead with Love and Light

Choose love in your words, thoughts, and daily actions.



youaregardener.com

YOUR LOAD