



You Are a Gardener®

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.

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