



You Are a Gardener®

### NUTRITION & WELLNESS

- Try one new fruit or vegetable
- Make a colorful meal or plate
- Drink more water throughout the day
- Cook a simple meal with someone

### PLACES TO VISIT

- Visit a park, trail, or garden
- Explore somewhere new in your town
- Take a walk where you've never been before
- Plan a small day trip

# SPRING SEED MAP

### TASKS TO COMPLETE

- Organize a small space
- Do one thing you've been putting off
- Finish something you've been working on
- Spend a few minutes working toward a goal

### NEW THINGS TO TRY

- Try a new hobby
- Listen to a new type of music
- Taste a new food
- Say yes to something different
- Try a new recipe

### CREATIVE PROJECTS

- Draw, paint, or create something for fun
- Start a small project you've been thinking about
- Make something with your hands
- Try a craft you've never done before

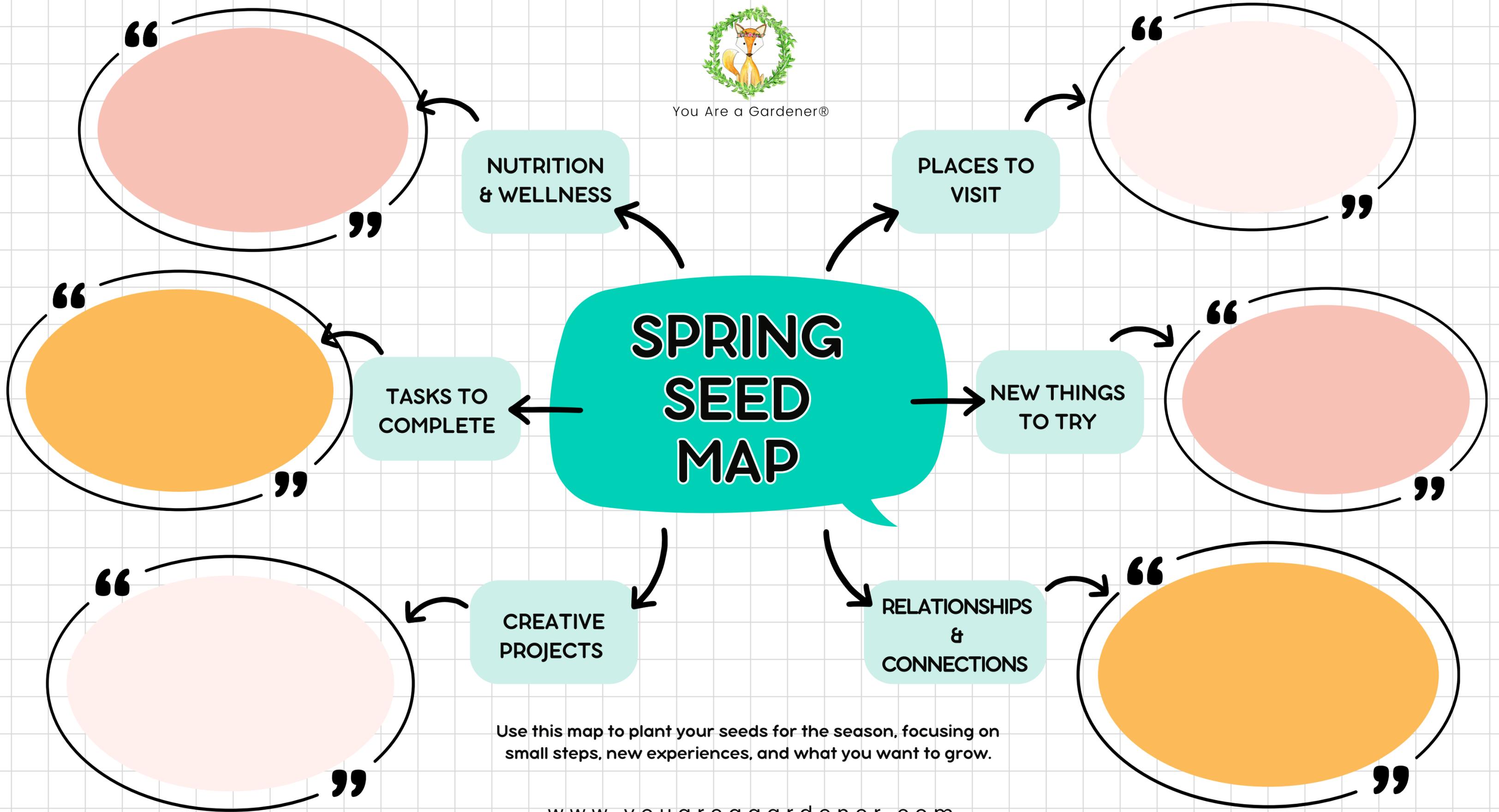
### RELATIONSHIPS & CONNECTIONS

- Spend time with someone who lifts you up
- Reach out to someone you haven't talked to in a while
- Have a meaningful conversation
- Show kindness in a small way
- Make time to connect with yourself

Use this map to plant your seeds for the season, focusing on small steps, new experiences, and what you want to grow.



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