

My Growth

Directions: Take time to reflect on your growth this past year by answering the questions below.

1. Dig the Hole

Has mindfulness supported your growth this year? If so, how?



How have you gone deeper in learning more about yourself and your gifts?

2. Place the Tree in the Hole

How has your understanding of the earth and nature grown this year?



What are more ways you can connect with nature in the future?

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3. Fill the Hole with Soil

How have you felt supported by community this year?



What have you learned about living in a supportive community?

4. Water the Tree Sapling

In what ways do we rely on nature? On each other?



What are some ways you can remember this connection?
