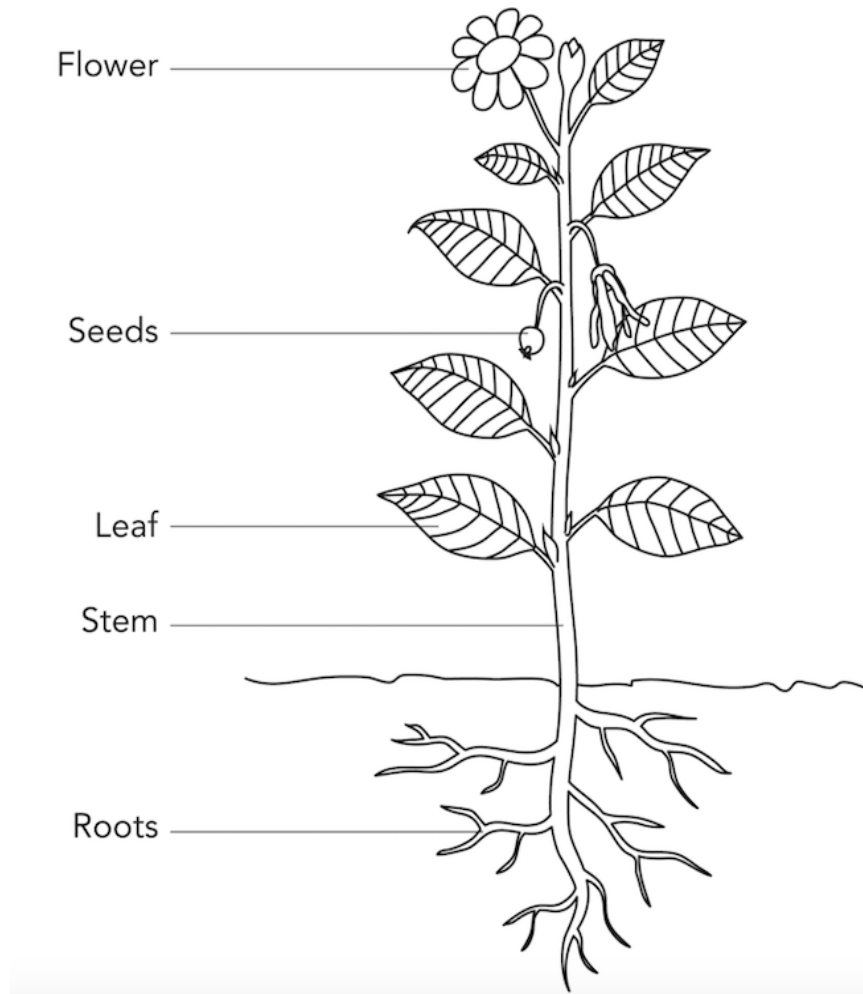


PLANTING OUR INTENTIONS FOR WELLNESS



STEM is the support of a plant. It is what allows a plant to grow taller and stronger. The stem grows toward the sunlight; the sunlight is what enables it to grow.

PLANTING OUR INTENTIONS FOR WELLNESS

1) **Support**: bear all or part of the weight of; hold up.

- a) Who provides support for you?

- b) What do others do to support you?

- c) What do you do to support yourself?

2) **Grow**: come into existence and develop.

- a) What is currently growing in your life that is not positive?

- b) What is currently growing in your life that is positive?

3) **Enable**: give (someone or something) the authority or means to do something.

- a) What enables you to keep growing in your life?

- b) Who enables you to keep growing in your life?