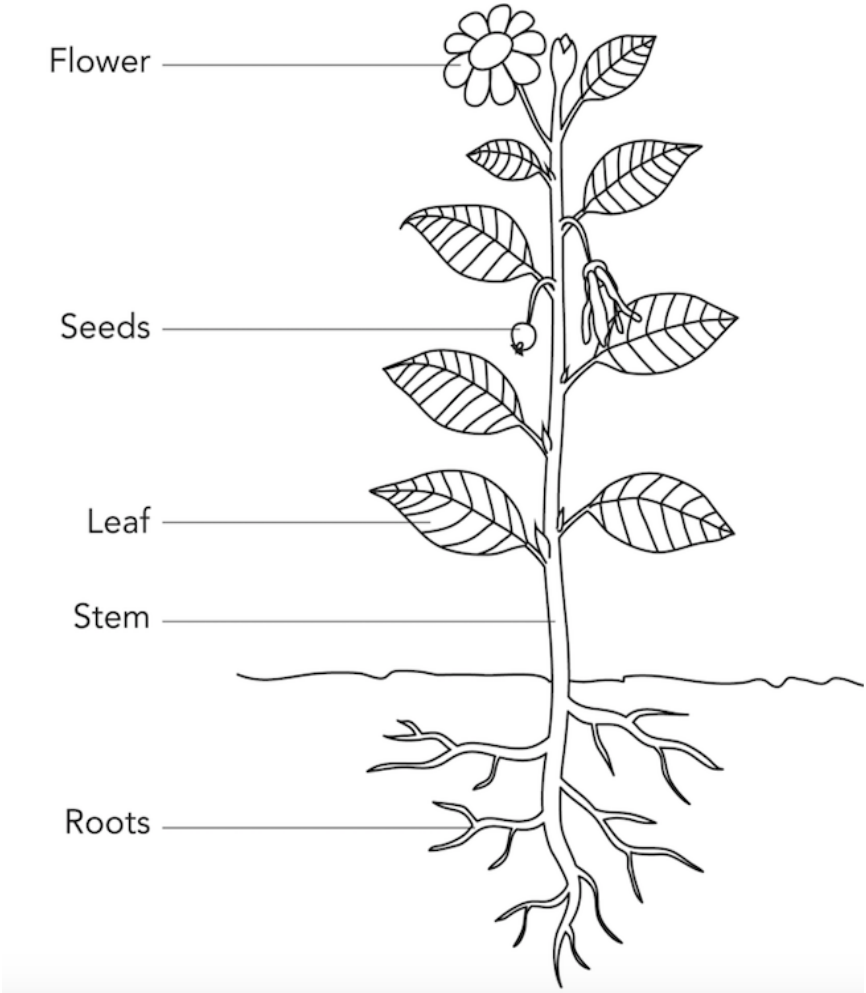


# PLANTING OUR INTENTIONS FOR WELLNESS



**ROOTS** transport nourishment. They keep a plant anchored into the ground. They allow a plant to weather high winds and storms.

# PLANTING OUR INTENTIONS FOR WELLNESS

1) **Nourishment**: the food or other substances necessary for growth, health, and good condition.

a) What food nourishes your body? One you feel good when you eat it?

b) What action nourishes you?

c) Who nourishes you?

2) **Anchor**: secure firmly in position; provide with a firm basis or foundation.

a) What action keeps you anchored?

b) Who helps to anchor you?

3) **Weather (verb)**: come safely through something; withstand difficulty or danger.

a) What is an action that has allowed you to safely come through something?