



**Take a
MOMENT
FOR YOURSELF...**

Enjoy some deep breaths while you color the petals, or fill them with patterns or affirmations.



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Fill in the bottles with the emotions you are feeling, things that bring your joy, or characteristics you want to nurture in yourself.





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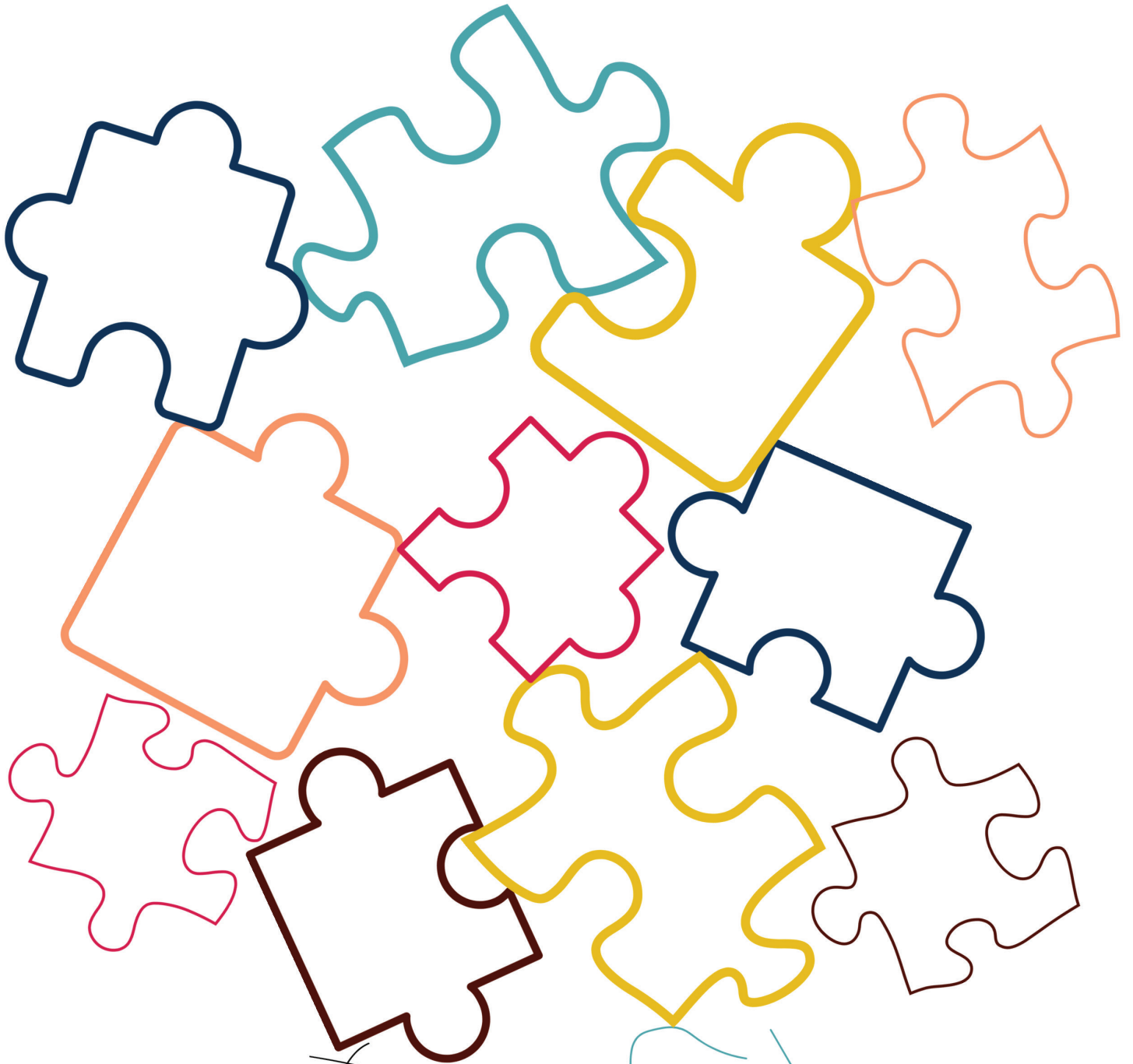
On each flower petal, write down a way you feel blessed or something you're grateful for.



**Take
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How are you feeling? What are you nurturing in your life? How are you blooming?



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Wisdom
Ways
Center
for Spirituality

We all contain multitudes, fill in the pieces with your values, passions, or affirmations. If you'd rather, simply relax by doodling interesting patterns in each piece.

**Take a MOMENT
FOR YOURSELF...**

How are you nurturing yourself
daily or how are you putting
love into the world?



What are your values?
How do you apply them to
yourself and others?

