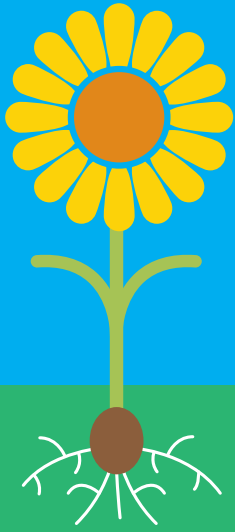


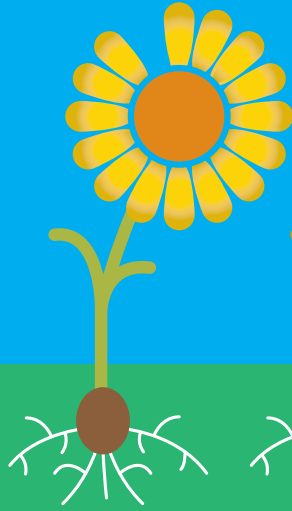
Which flower is you?



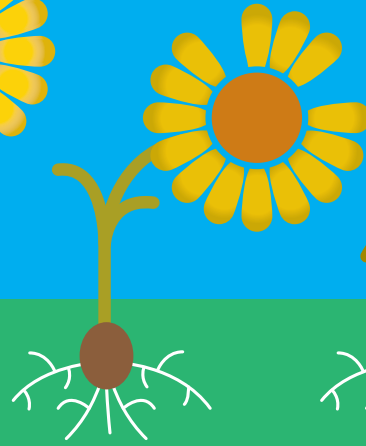
flourishing



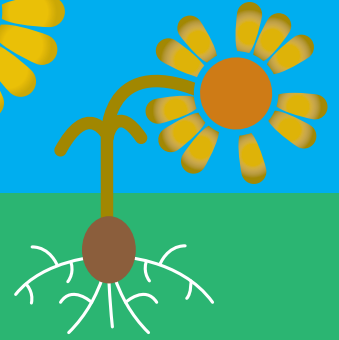
blossoming



fading



wilting



unwell

- opportunities
- enthusiasm
- challenge
- change
- freedom
- kindness
- optimism
- openness

And what do you need to move towards blossoming?

Ask yourself these two questions throughout your day to remind yourself of how to keep well. The first question brings you more awareness of your body, your energy and how you're feeling. The second question reminds you of your responsibility to give yourself what you need.

We're all different in our needs. Different times and situations create different demands. Use the images and the word prompts to identify what will energise you and get you back to blossoming.



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Insights from today's resilience habit

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Intention for tomorrow

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