

PERSONAL NEEDS FLOWER

Sometimes we can be really good at taking care of other people that we can forget someone who is very important— ourselves! Now's your chance to stop and smell the flower...your Personal Needs Flower! Think of all the different needs that you might have. They can be physical, emotional, and spiritual needs that can go overlooked throughout your day. Using words, images, shapes and colors, fill in the flower below to as you remind yourself of your core needs and maybe even discover new ones. Whatever comes up for you is OK — there is no right or wrong way.

