

Reflect by finishing the sentences and draw a photo of yourself being that image from nature. You can literally draw yourself as the object or you can draw yourself doing something that makes you feel light and fresh as a flower.

Flower Fresh

I feel fresh, energetic, joyful, and playful when...	
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Mountain Solid

I feel solid, strong, and confident when...	
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Water Reflecting

I feel calm, still, and quiet when...	
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Space Free

I feel free, light, and relaxed when...	
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