



# My Emotional Growth



I am growing every day in many ways.



## MY FLOWERS

These are the things I am proud of.

- My achievements
- My strengths
- Beautiful moments
- What brings me joy



## MY LEAVES

These are the people, places, and things that support me and help me grow.



## MY TRUNK

This is who I am at my core. My values, beliefs, identity, and what matters most to me.



## MY CHALLENGES

These are the hard things I have been through. They helped me become stronger.



## MY GROWTH

These are the ways I have changed, learned, and grown over time.



## WHAT HELPS ME GROW

These are the things I need to keep growing strong and healthy.



## MY ROOTS

These are the things that shaped me.

- My family
- My experiences
- Lessons I've learned
- Where I come from

## I NEED...

### NOURISHMENT



Healthy food, water, and things that give me energy.

### REST



Sleep, relaxation, and time to recharge.

### SUPPORT



People who encourage me, listen to me, and care.

### SAFETY



Feeling safe, secure, and protected.

### LOVE & KINDNESS



Love, compassion, and treating myself and others with kindness.

## MY PROMISE TO MYSELF

I will continue to care for myself, make healthy choices, and keep growing into the best version of me.



I will keep watering my growth by...

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I am rooted. I am growing. I am becoming.