

# MY LOTUS

## GROWING STRONGER EVERY DAY

Just like a lotus grows from the mud and blooms into something beautiful, we can grow through challenges and become our best selves.

### COLORS

What colors will your lotus be?

What do those colors represent for you?

- ♥ \_\_\_\_\_
- ♥ \_\_\_\_\_
- ♥ \_\_\_\_\_
- ♥ \_\_\_\_\_
- ♥ \_\_\_\_\_
- ♥ \_\_\_\_\_

Draw and decorate your lotus below.  
Then, reflect on what it symbolizes for you.



### LEAVES OF STRENGTH

Each leaf can represent a strength, quality, or part of you that helps you grow.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### THE MUD

What challenges, hard times, or struggles have you grown through?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### MY BLOOM

What does your lotus symbolize for you? What does it mean to bloom in your own time?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### ROOTED IN...

What helps keep you grounded and strong?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### I AM BECOMING...

What are you growing into? Who do you want to become?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### MY REMINDER

What do you want to remember when things feel hard?

\_\_\_\_\_



I am resilient. I am growing. I am becoming. I bloom in my own beautiful way.

