

PALM PLANT

You are a Palm!

Palm plants are associated with victory, peace and tropical vacations. These plants need warmth, lots of sun and just the right amount of water. They need to be fertilized during the dormant season so they can keep growing strong.

Just as the palm takes a rest during the dormant season and needs nourishment, you need to do this for yourself as well.

- Schedule time for self reflection and find a quiet, comfortable space to do it in.
- Choose a time when you have the energy to self-reflect and are in a positive mood, being in the right frame of mind will help you dig deep.
- Decide what you want to reflect on; how your past has impacted your present day, what you do well, or what you've achieved.
- Self-reflection can bring up overwhelming feelings, make a list of supportive people and reach out to them when necessary.
- Journaling is a great way to learn new things about yourself and keep track of your personal growth.

