

MONEY TREE

You are a Money Tree!

Money trees are associated with positive energy, luck and prosperity. They thrive with consistency, requiring lots of sunlight, pruning and regular watering. Money trees are grounded and provide shelter for those around them.

Like the money tree, you are positive and focused on caring for those around you. It can be hard for you to sit with and express negative emotions.

- While sharing your negative emotions might seem scary, it will help you grow and flourish.
- It's hard, but the first step is accepting your emotions and acknowledging them in a non-judgmental way.
- Try to reflect on your day. Did anything happen that contributed to how you're feeling now?
- Sometimes reflecting on and accepting your emotions is enough to make you feel better, sometimes it's not. Try to find a release, like talking to a friend or writing.
- Recognize that sometimes negative emotions are too much for you to handle on your own. Reachout to someone you trust to support you.

