

SNAKE PLANT

You are a Snake Plant!

Snake plants are hardy and resilient. They can live with very little sunlight and water. Despite this, they give a lot back to their environment, purifying the air and producing oxygen. In Feng Shui, snake plants are associated with protection and are a great addition to any home!

Just like the snake plant, you might find yourself giving a lot to others. You give a lot of your time and energy to others and sometimes you are at risk of neglecting your own self care needs.

- Set three levels of priorities: things I must do, things I should do (but can wait) and things that can wait indefinitely.
- Learn to say "no" sometimes. It's okay. This will give you the opportunity to spend time doing the things that are meaningful to you.
- Self-care is different for everyone. Try out new things to find what works for you. You might need to change it up depending on your mood and energy level.
- Get enough sleep; it's important for your physical and mental well-being. See a doctor if you experience sleeping problems.
- Maintain a balance between work and play. Paint, draw, collage, write or dance!

