

# PERSONAL NEEDS FLOWER

Sometimes we can be really good at taking care of other people and forget someone who is very important – ourselves! Now is your chance to stop and smell the flower... your Personal Needs Flower! Think of all the different needs that you have. They can be physical, emotional, and spiritual needs that can go overlooked throughout your days and nights. Using images, shapes, words, and colors, fill in the flower to remind you of your core needs. Whatever comes up for you is OK – there is no right or wrong way.

