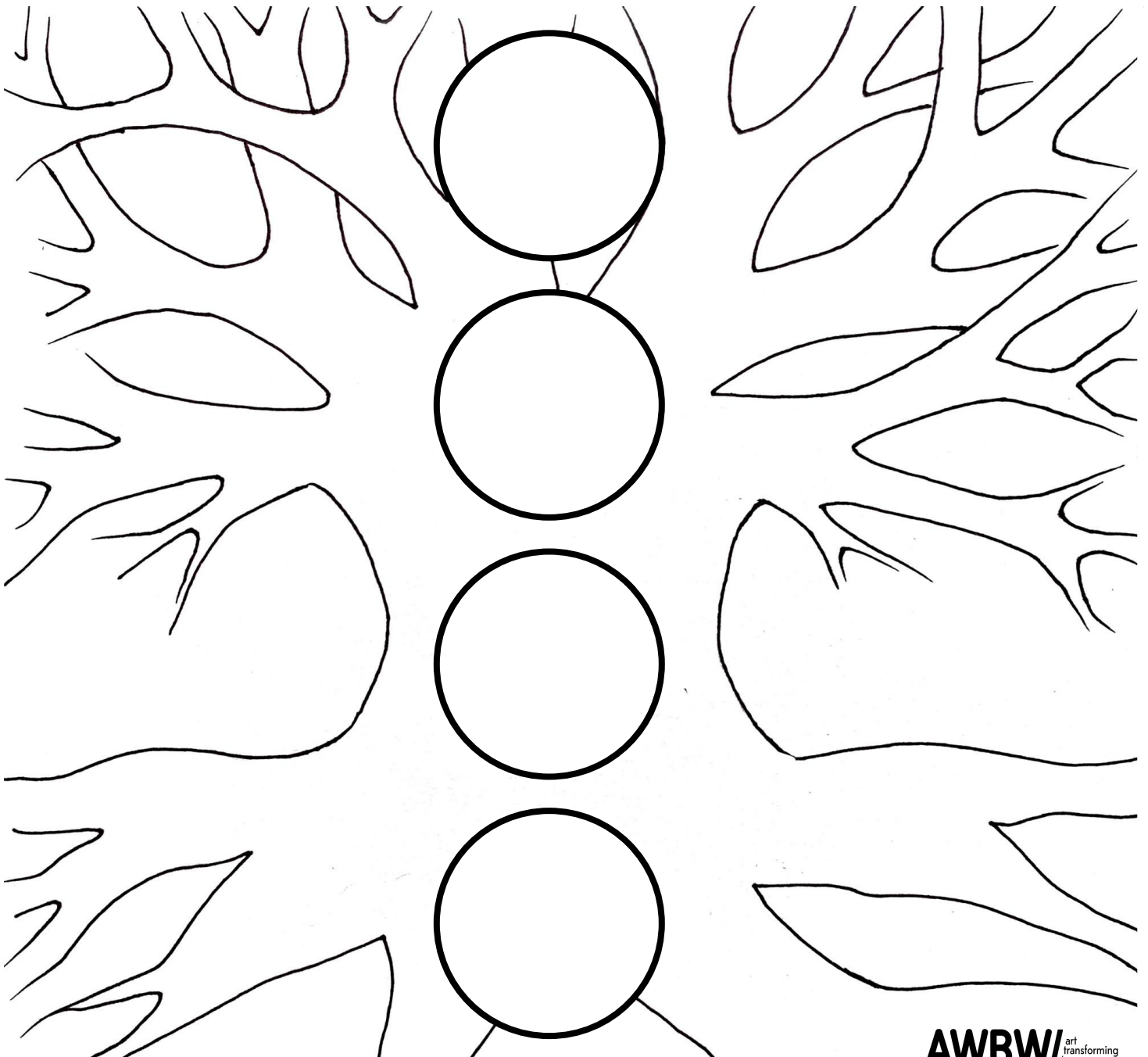


# VISION SEEDS

You are invited to create Vision Seeds as a way to reflect on this moment, notice seeds of change you hold, and carry them forward. What transformations are you wishing for – in your own body and heart, relationships, community and world? Personally? Professionally? May this become a tool to support your journey.

**Directions:** 1) **Reflect:** Ask yourself, “What seed(s) of change do I wish to plant today?” Notice whatever comes up for you. No worries if it seems too small to matter or too big to be possible. Your visions and voice matter.  
2) **Express** onto this page with words, colors, and/or symbols. There is no right or wrong way to create.  
3) **Carry:** Support your path forward in whatever way(s) feel useful. Use this paper over time to anchor your visions, create objects you can carry as a resource, and/or connect with others and support each one another.



"The art is not just the tangible object we create, but the lived journey of connecting deeply with ourselves and each other." – Cathy Salser, Founder, AWBW