

## MINDFULNESS CHALLENGE, *Grow Out of The Mud*

1. What's your mud? Write down the weakness you want to grow from.



2. What's your sun and water? Write down the steps you will take to grow and improve.

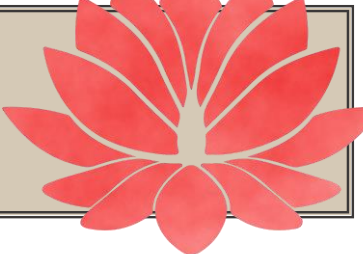


---

---

---

3. How do you want to bloom? What benefits will you experience when you no longer have this weakness? How will your life improve?



“The only person you are destined to become is the person you decide to be.” —*Ralph Waldo Emerson*