



EXPLORE: YOUR FLOWER GUIDES

Let's explore your connection with flowers when you were a child. Close your eyes.

Go back to a time in childhood when you played in nature or around flowers.

What were you doing? Who were you with? What was your favorite flower?

What three words best describe the personality of that flower, and how it made you feel?

Go ahead and write them down in the space below if you wish.

FLOWER:

PERSONALITY:

FEELING:

What is your favorite flower today and what three words describe that flower's personality, and how it makes you feel? *

FLOWER:

PERSONALITY:

FEELING:

Now here's the surprise! The way you describe the personality of your favorite flower from childhood usually describes YOU, your essence, how you are at your best, and how you offer your gifts to the world. (If you wrote down more than one favorite flower, then they reflect the different facets of your personality.)

** If you happen to choose words that don't evoke positive qualities, flip the word to the positive aspect of that quality; for example, if one of your words is stubborn, then switch it out with determined or persevering.*

Think for a moment: Does the description fit your personality? What are some of the ways you embody those three qualities you ascribed to your flower?

The second part of the exercise signifies something slightly different. The way that you describe your favorite flower right now represents aspects of your personality that want to grow.

How are these aspects of yourself manifesting in your life right now?

How do they differ from or compare with your childhood flower?

Think about your life today and what you are accomplishing.

What are you focusing on right now in your life?

What qualities might you want more of to support you and your endeavors?