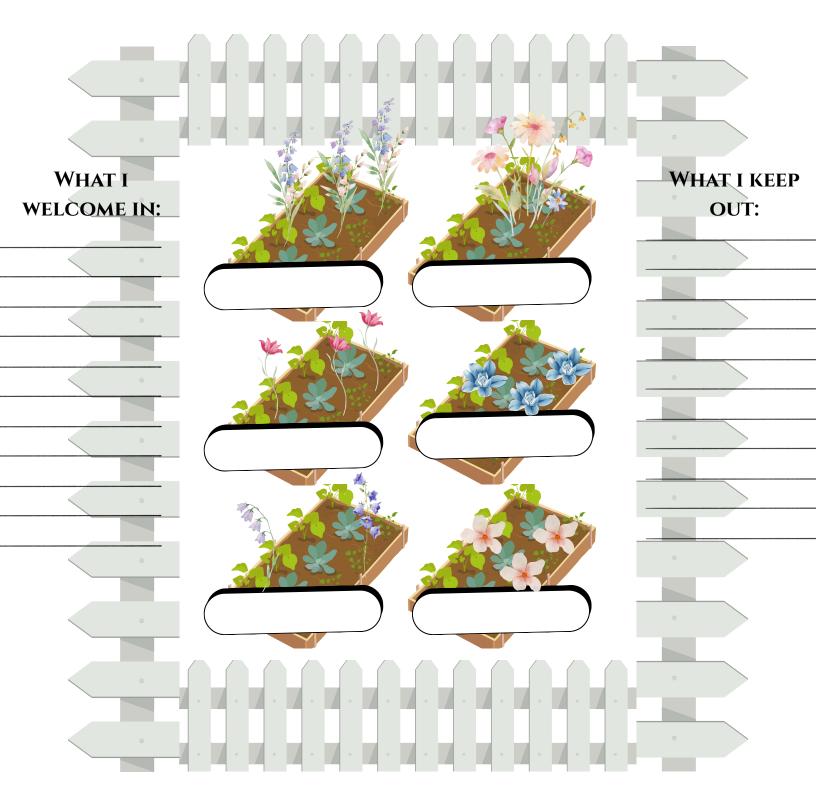
THE GARDEN WITHIN

A CREATIVE REFLECTION FOR IDENTIFYING YOUR VALUES AND STRENGTHENING YOUR EMOTIONAL BOUNDARIES

THE VALUES I PROTECT AND CULTIVATE:





"Above all else, guard your heart, for everything you do flows from it." – Proverbs 4:23

What boundary helps me feel safe, even if it's hard to communicate?
Which value have I neglected that I want to protect more tenderly?
When someone respects my boundaries, how does it feel in my body?