

From Devastation to Hope to Growth---



INSPIRATION FROM THE TREE

DEVASTATION

- Destruction
- Effect of Ongoing Hurricanes, Wind storms,
- Rain storms and Lightening
- Almost Collapsed
- Almost Ruined

HOPE

Optimism due to Healing Powers
Belief in the Strength
Faith in the Universe
Realization of Endurance
Perseverance/Persistence

My GROWTH

- ❖ Preserve what I have
 - ❖ Protect what I have
 - ❖ Courage to Overcome Emotional Turmoil
 - ❖ Healing from Depression, Anxiety, and Panic
- Determination to Improve Emotional Health & Continue Journey of Life!