

Seeds of Intention

Plant a thought you wish to nurture



Instructions:

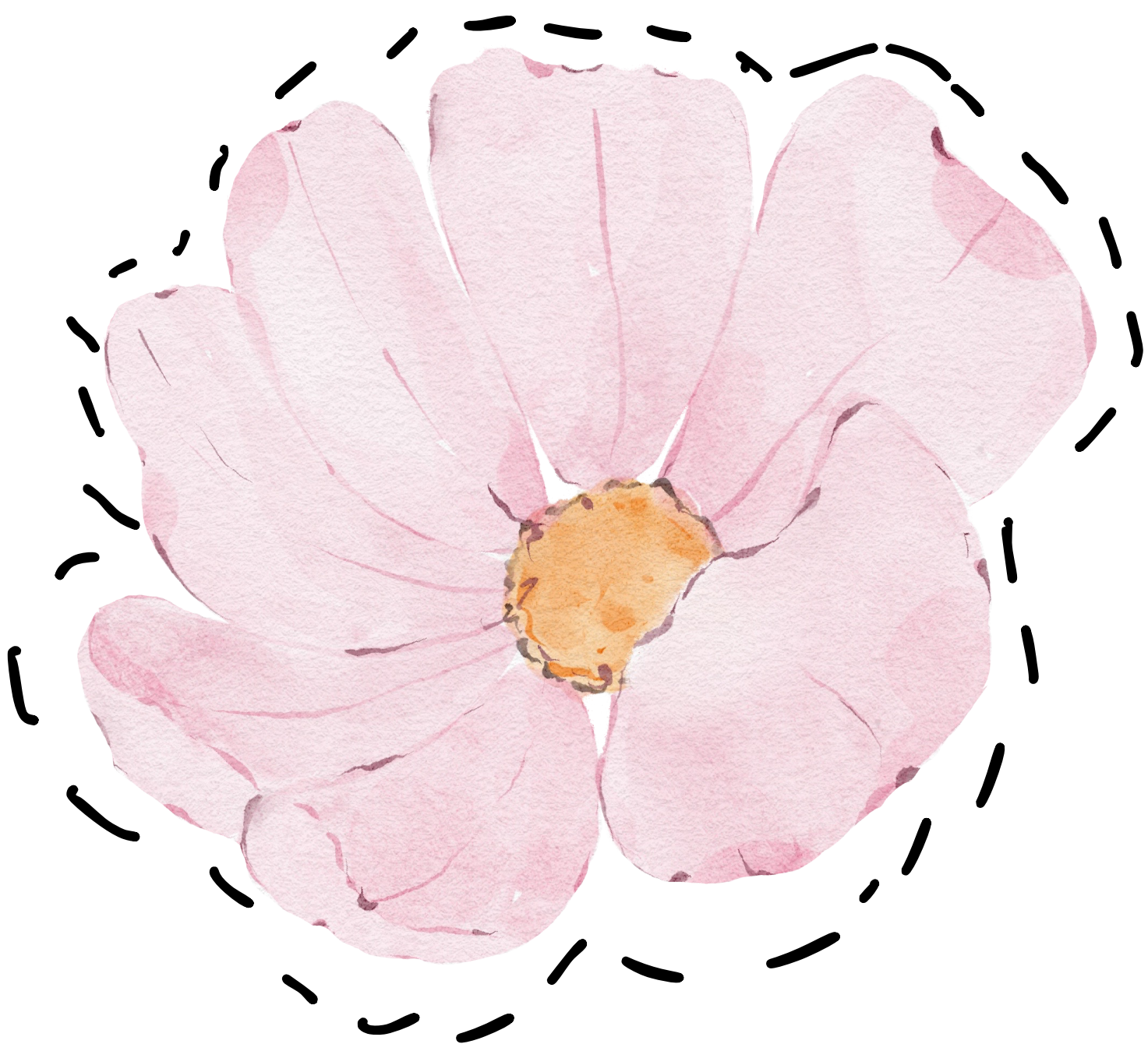
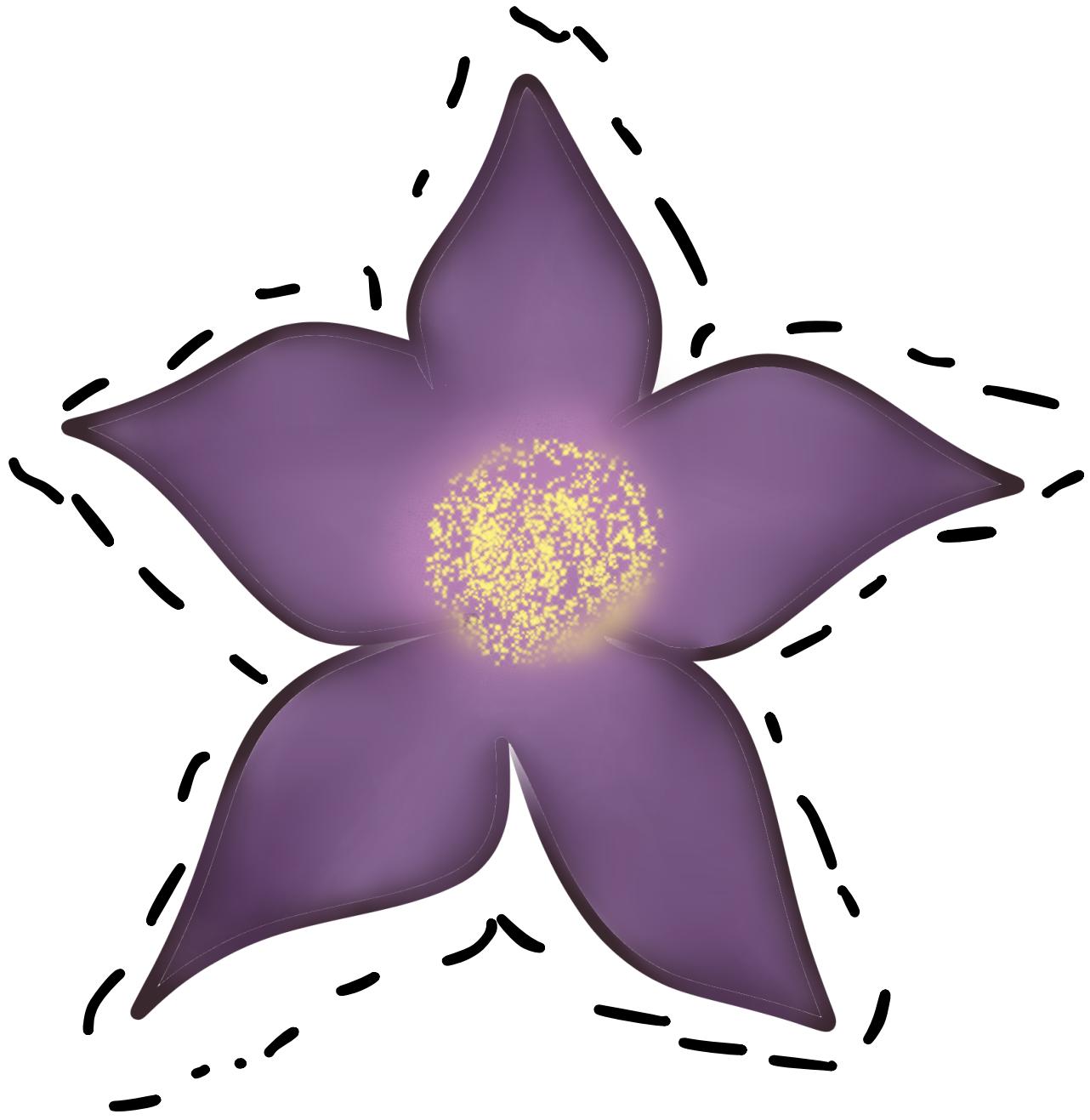
Cut the forms from the next pages.

Write your thoughts on them.

Place them somewhere you'll see them grow. Ideally in a small jar.

Be creative! You can build a corner of your wishes for the future, you can use other materials (like kinetic sand or clay, glue, thread). Trust the process!





Rip off the image below and use its pieces as ground.

