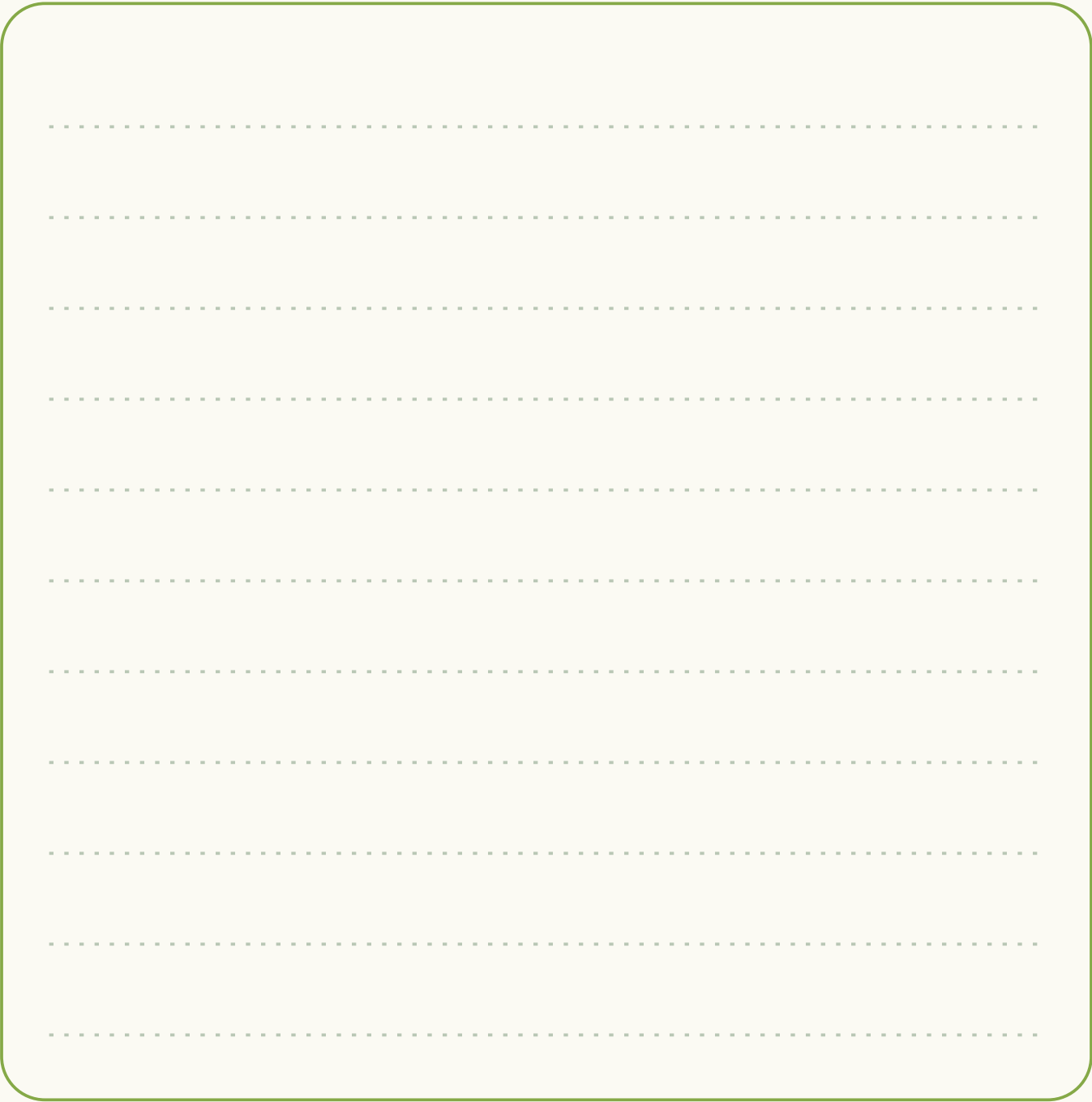


1. Root Map

Draw a small seed or circle. Let roots travel toward people, places, memories, values, sounds, or ordinary things that help you feel connected.



I am allowed to begin here.

2. River of Breath

Draw one long line while breathing out. Add bends, pools, stones, ripples, or places where the river becomes still.

A large rectangular area with rounded corners, outlined in green, containing ten horizontal dotted lines for drawing.

I can move without rushing.

3. Tree of Many Seasons

Give one tree bare branches, new buds, full leaves, and falling leaves. Let more than one season exist at the same time.

[illegible]

Every season belongs.

4. Wing Map

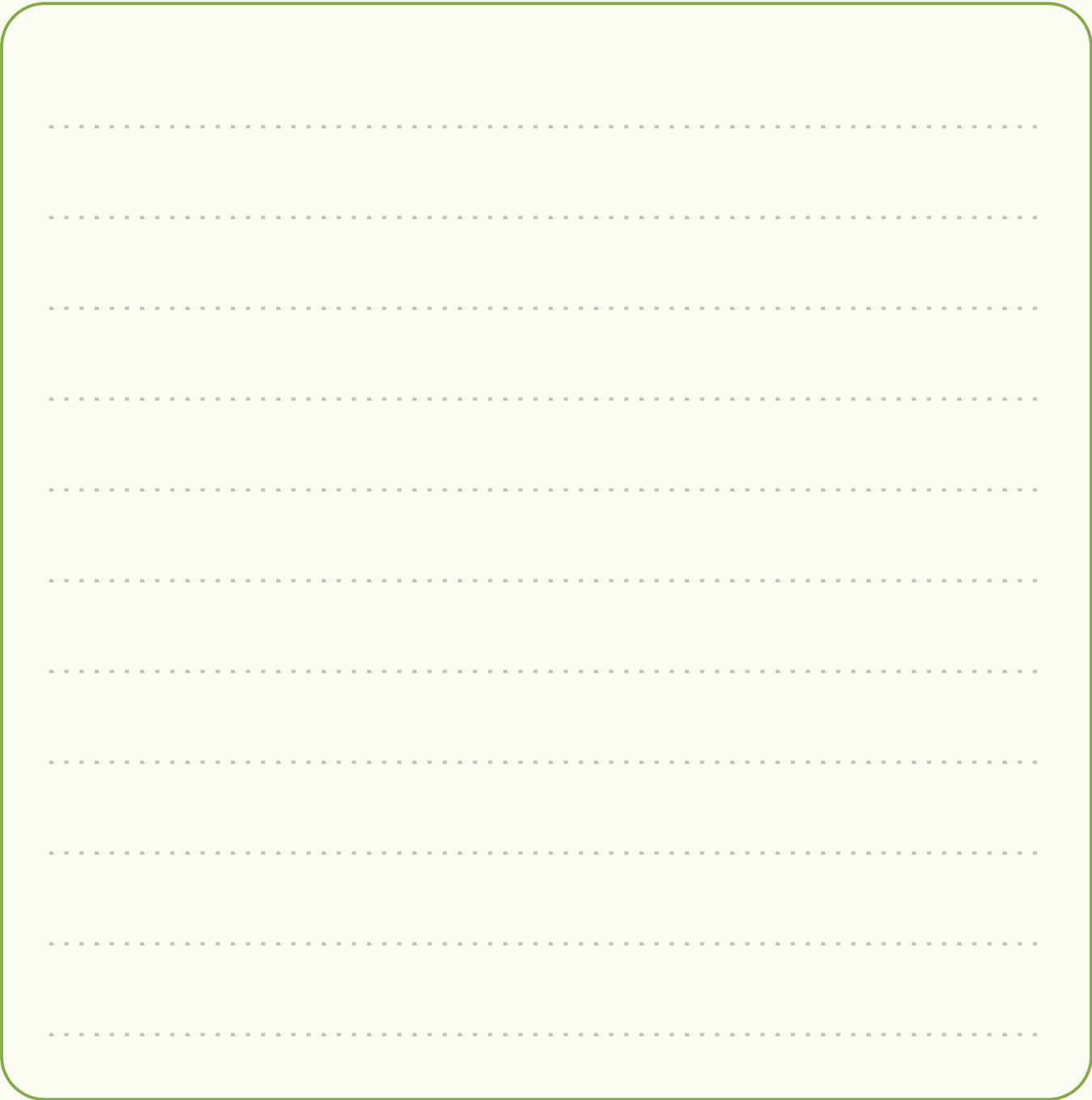
Sketch a bird, butterfly, or imagined wing. Fill each section with a choice, boundary, hope, or next step that belongs to you.

This image shows a single sheet of white paper with horizontal blue ruling lines. The paper has rounded corners and a thin blue border. There are ten evenly spaced horizontal lines across the page, providing a template for writing or drawing.

My choices can have wings.

5. Garden of Small Safety

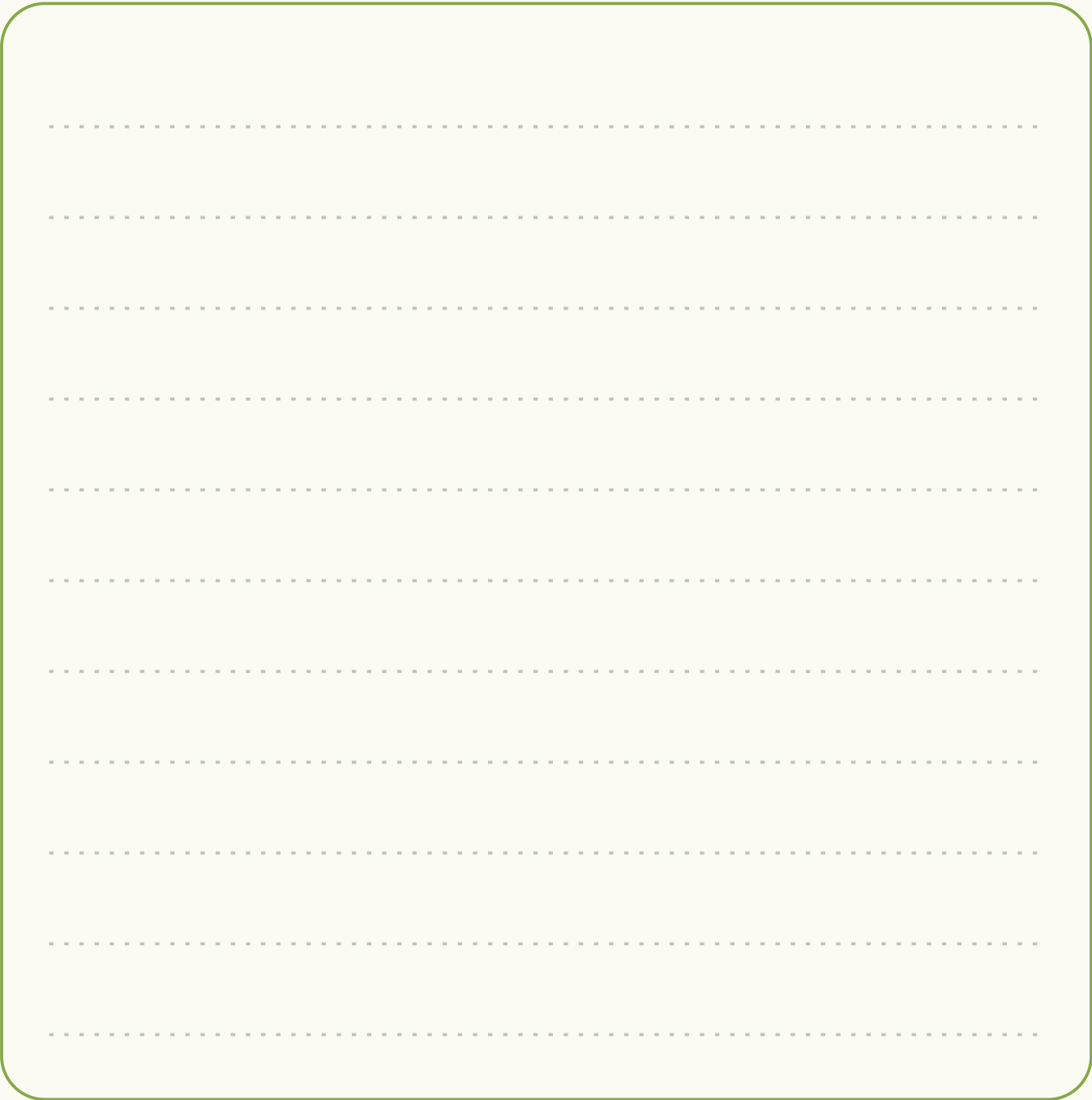
Draw a garden made only of sensory details that feel neutral or supportive: texture, shade, sound, warmth, space, color, or quiet.



Peace can be practiced.

6. Stone Path

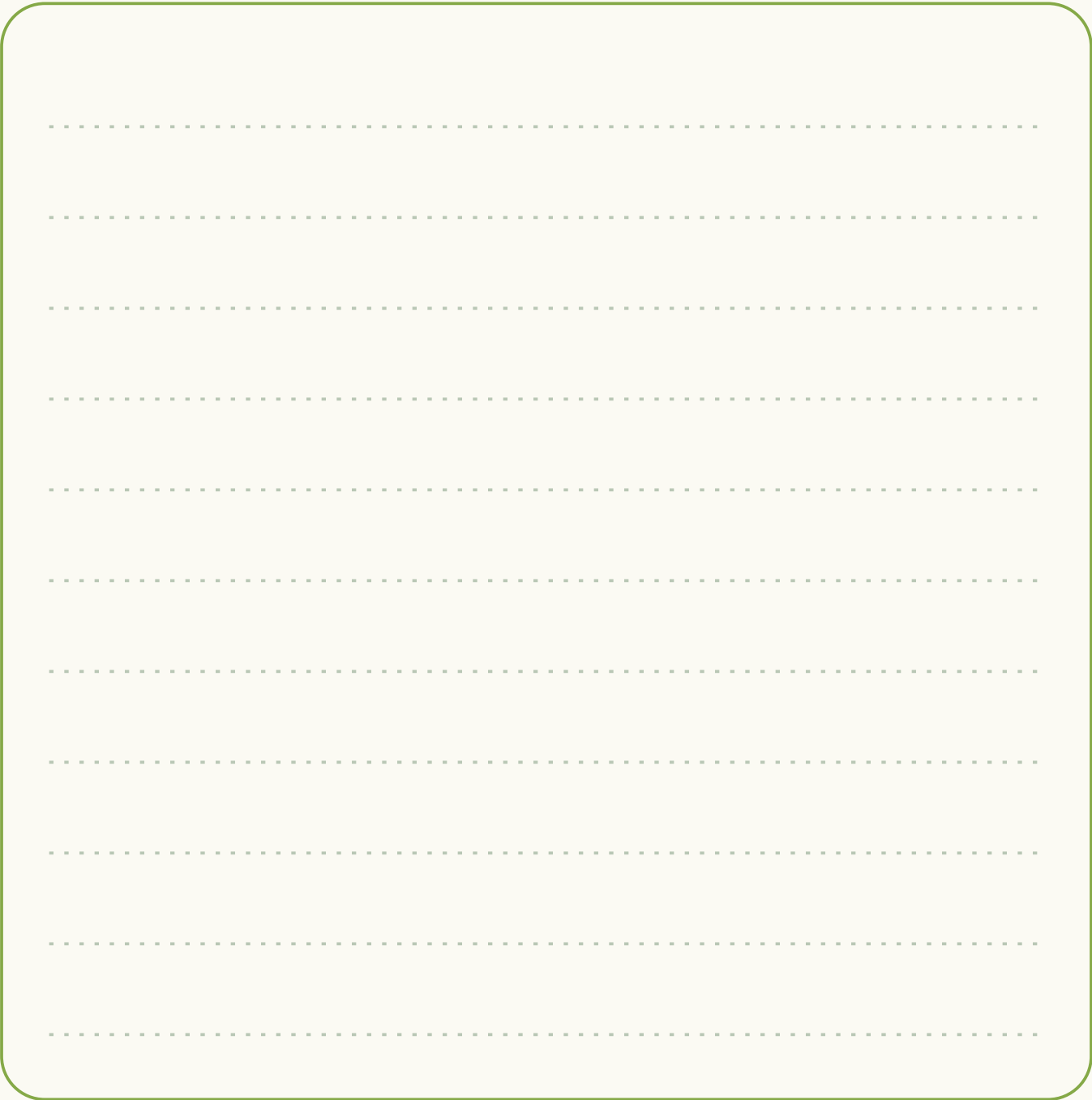
Draw stepping-stones. Write one manageable action on each stone. Leave generous space between them.



A small step is still a step.

7. Weather Circle

Fill a circle with the weather of this moment. Add one opening where light may enter.



I can make room for change.

8. Breathing Canopy

Draw branches upward on each inhale and leaves on each exhale. Stop whenever the canopy feels complete enough.

A large rectangular area with rounded corners, outlined in green, containing ten horizontal dotted lines for drawing.

I rise with purpose.