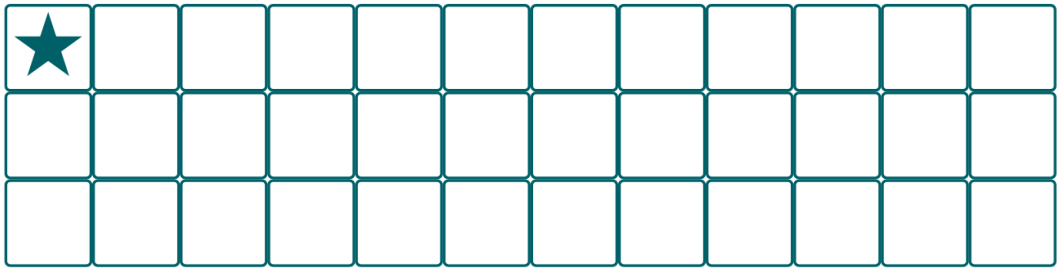
Seeds of Compassion

Before setting your intention, take three rounds of 3-5 breath.Then, think about what kind wish or affirmation you want to focus on while you help your plant grow. Complete this sentence:

I AM _____

- Each day, check on your seeds of compassion
- Take a few of your favorite mindful breaths
- Repeat your affirmation or kind wish
- Check if the soil is dry, and if it is, give it a small drink of water
- Mark off a square each time you care for your compassion plant!



When your plant is as big as your pointer finger, gift it to someone in your community. It could be your favorite local business, a neighbor, or a friend!

If your plant doesn't grow, don't worry, your kind wishes will still come true. Begin again - you can use some of your flower confetti seeds and try again!