Notice in what ways you are a source of nourishment for others due to your transformation? *(Write your answer in the box below).*

Notice moments in your life when it felt like you were kneaded, and felt growing pains? *(Write your answer in the box).*

What Leaven do you need in order to grow, heal and thrive? *(Circle a few below)*

- Receive support/care; seek help
- Not isolate myself from others
- Commitment and discipline
- Create a Plan of Care for my mental health
- Accountability
- Build healthy relationships
- Let go of self-judgment
- Forgive & love myself
- Learn patience
- Appreciate & affirm my successes
- Learning to trust others
- Try something new even if it's uncomfortable
- Be more self-aware
- Learn from my mistakes
- Choose healing & renewal
- Seek meaning & purpose
- Embrace spirituality
- To be honest with myself
- Self-respect
- To love myself
- Let go of old toxic relationships
- Seek new friendships
- Give myself peace
- To be resilient – try hard things
- Give myself freedom, choice, autonomy
- Become more healthy
- Allow space for adventure, and new things
- Seek justice and fairness
- To be mindful of my feelings
- It's OK to grieve
- Seek support for my recovery from addiction