

# Cultivating Your Garden of Life Workbook

## 1-3A: *Your Gift*

The perception and rumination over life events can create energetic blockages, robbing you of full enjoyment and presence in the present. Over time, nurturing the weeds will lead to dis-ease and disease.

You do not possess the power to change the past. You do have the power to change your perception of it by choosing to nurture your GIFTS and allowing them to blossom.

By accepting life's challenges with grace and as a pathway to growth – mentally, spiritually, and emotionally, you are raising your frequency/vibration and embracing the gifts of...

### ACTIVITY

1. Based upon who you are today, circle your strengths, your gifts in the list below.

Compassion	Protection
Forgiveness	Self-love
Understanding	Faith
Wisdom	Empathy
Security	Gratefulness
Safety	Discernment

2. Referring to the list of GIFTS you have circled above, create a sentence as it relates to how you treat others. Now, create a positive statement of truth as it relates to how you treat yourself.

*Examples:*

*I show compassion for others  
I create safety for others  
I share my wisdom with others*

*I AM compassionate towards myself  
I create safety for myself  
I practice my own advice*

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This series is focused on your garden, your vibration and frequency. You are creating balance, health and manifesting the beautiful garden you deserve and desire. Go back and reread the sentences you created. Do you have GIFTS that you offer to others but you do not accept for yourself? If so, these are the weeds in your garden.

The GIFT(s) you possess, if you allow it, will cause a change of heart by reinforcing the following truths.

*I have the right to:*

    speak my truth  
    identify my greatest challenges  
    know who I am  
    move forward in my life  
    know that I am worthy  
    identify the gifts I want to strengthen  
    accept support  
    belong  
    fail and start again  
    take action  
    my creative potential  
    my enthusiasm  
    have compassion for myself  
    create love within my family & home  
    be loved  
    give love  
    enjoy life  
    learn and grow

3. Identify your greatest challenges from the list above.

My Challenges:

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Keep this lesson close at hand for the remainder of this section *"The Condition of Your Garden"*.