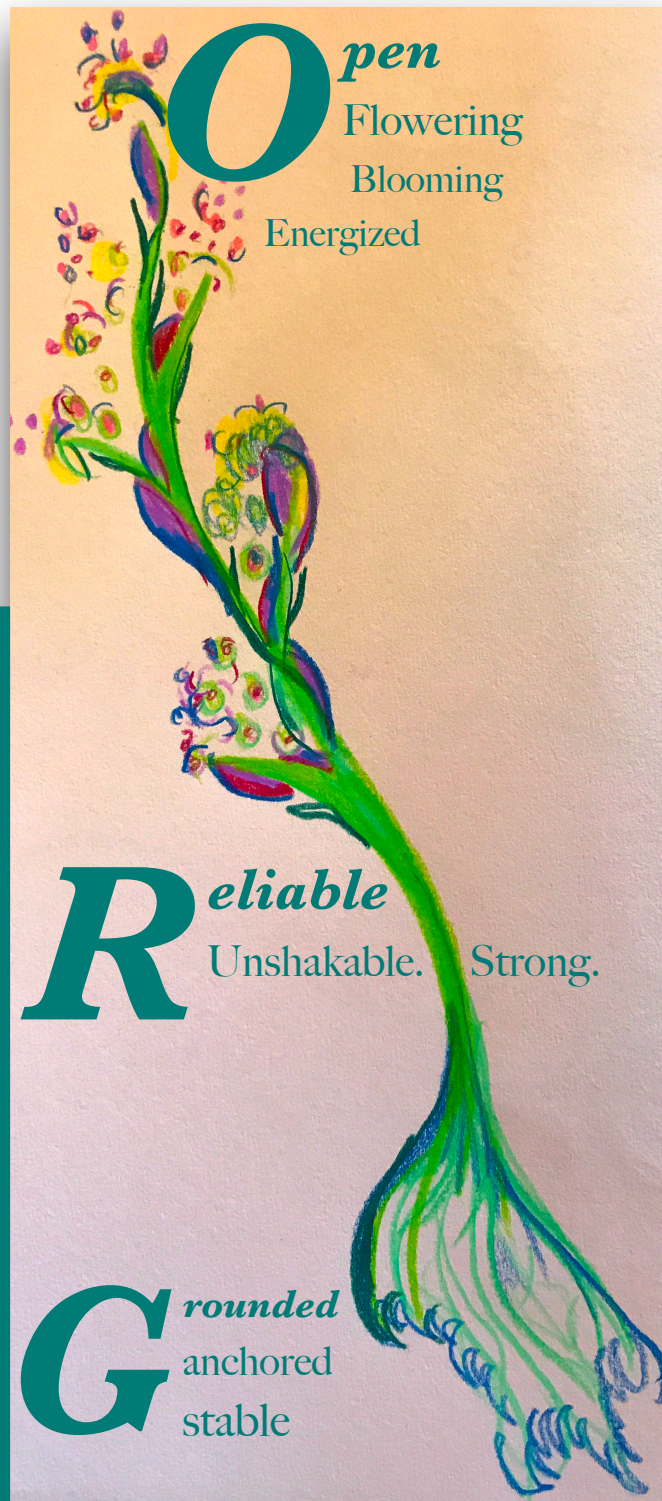


YOU are a magnificent tree



Open
Flowering
Blooming
Energized

OPEN: learning,
risking, willing

In tough or stressful times, it is easy to shut down. Our bodies literally wither, shrink and/or close.

Letting our bodies, airways & minds open up is one of the greatest gifts we can offer & receive...and a great way to cope with difficulties inevitable in this job.

Budding flowers
under rays of
sunshine

Reliable
follow 7 Rules

No matter what.

No wind can blow you down.

Standing tall like the

Trunk of my Tree

GROUNDING:

FOCUSED &

**UNDISTRACTED AT
WORK**

roots stretch & reach & dig
through rocks & mud
(DISTRACTIONS) for water
(CLARITY OF MIND)

your attention is rooted in on
the present task

Deeply Rooted

hint: "silent kitchen"

Reliable
Unshakable. Strong.

Grounded
anchored
stable

The Log Cabin is your fertile Oasis where you

G R O