

Nurture Your Garden of Well-Being. What You Plant is What You Get!

Notice the seeds you have been planting with your choices.

Do you want to make any changes?
What new seeds do you want to plant?



Your life is your garden. Over time, what you plant is what you get.
Be a Gardener to Your Own Mind & Life. Choose to cultivate health.



Prepare the soil, trim and weed.
Water, fertilize, provide "TLC"



Use the right tools.
.....practice, perseverance, patience.....



Experience the garden of health.
over time, your life changes!

Notice your choices and your motivation (seeds) →Thoughts→Actions→ Results (effects).

Learn to guide yourself towards choices that are more effective.