



# The Flower Embers

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## **Intention:** (Beginning to 00:37)

This is a great exercise to help put into perspective and reflect on the way in which we spend our time and how we see ourselves. The point of this exercise is mostly self-reflective however, with the opportunity to discuss any realizations about your own needs, wants, desires, and the like and to help us to understand what it is we want and how we would like to make that happen. (By taking responsibility and asking for help).

Intentionality around creating a safe space for self-reflection, creativity, and sharing is key.

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## **Step One:** (00:37 to 1:34)

Drawing the flower. The flower needs:

- Circle for the center of your flower
  - Four petals
  - One stem
  - Four leaves
  - 10 roots
  - 4 weeds next to it
  - This is your exercise - your 'flower' - design how you like!
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## **Step Two:** (1:34 to 2:33)

Fill in each section, one at a time:

- Write your name in the circle in the middle.
- In each of the four petals, write 4 characteristics about yourself when you are at your best.
- In each of the four leaves, write 4 names of people who you feel support and inspire you the most \*Feel free to add family or non-family, as you like.
- On each of the four weeds, write 4 things that you need to do (go as deep as you like and take this questions however you want).

\*continued on next page...



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- On each of the 10 roots write the name of something you like to do
  - There is no right or wrong. Go with what you feel and what comes up for you in the moment. Our answers may ebb and flow from day to day and that's okay!
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## Step Three: (2:33 to 2:58)

On your roots:

- Date each one with the last time you did that activity (doesn't need to be specific, if you cannot remember, writing the month or year works).
  - Draw a dollar (\$) sign by each root that costs more than \$10 to do
  - Draw an A next to each root that you can do alone
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## Step Four: (2:58 to 3:34)

Take a moment to personally reflect on your own. What do you notice? Did anything surprise you? Then, share three things that you realized about yourself during this exercise.

\*Remember: Challenge by choice - offer as much to the group as you feel comfortable.

Encouragement: Vulnerability - sharing your needs, wants, and realizations about yourself can offer deeper understanding between yourself and those around you.

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## Wrapping it up - to lead to more conversation: (3:34 to 4:13)

Each of our flowers represent what is alive in ourselves. This can be at this time or this can be throughout our lives as you breakdown each portion of the flower. Consider what each portion means to you and what it tells you about what's really important - your wants, your needs, your desires, your longings - and think about those things and how they balance out in your life. Can you do these things alone? Do you do them with other people? How do you balance your needs and your wants? And how do you ask for support? And how do you share with others what you need?



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**Breakdown of each portion of the flower:** (4:13 to End)

Center of the Flower = You

**The Petals** - 4 qualities you feel you embody or would like to embody when you are being your most authentic self -- the version of yourself you strive to be. For the metaphor, “When you’ve blossomed.”

**The Leaves** - 4 people in your life who support you in your growth and being the person you would like to be. Think about why you chose them? What way do they support you and why does it stand out? What does support look like to you? How do you ask for support? How do you offer support?

**The Roots** - What activities feed you? These are the things you are excited to do and that meet some kind of need/desire of yours, beyond the basic survival needs (eat, sleep). Some take money, some you do alone.. Do you have a mix of both? Or does one type stand out more than the other? When did you last make the time to partake in one of these activities?

**The Weeds** - These are activities you feel like you ‘have to do’ in order to maintain your current lifestyle. How do these activities serve you? How are you balancing the two?



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