

LOVE YOUR TREE

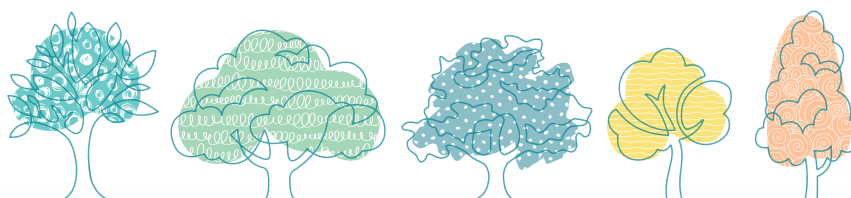
Cultivating Compassion Through Art



BRANCHES OF HOPE: SELF-AFFIRMATION CARDS

Celebrate yourself and your unique journey by completing the prompts on the cards. Snap a selfie with your card and share on social media, or send a photo to LoveYourTree@ERCPATHLIGHT.COM to help shine a light on the importance of self-compassion and community connection.

Diversity and Uniqueness	Community and Connectedness
Like a tree, I am unique because...	Like a tree, I am connected to...
Resilience and Change	Strength and Growth
Like a tree, I show resilience by...	Like a tree, I grow stronger through...



STAY CONNECTED: We want to hear from you and see how you're getting involved!

To learn more, visit LoveYourTree.org
Email us at LoveYourTree@ERCPATHLIGHT.COM

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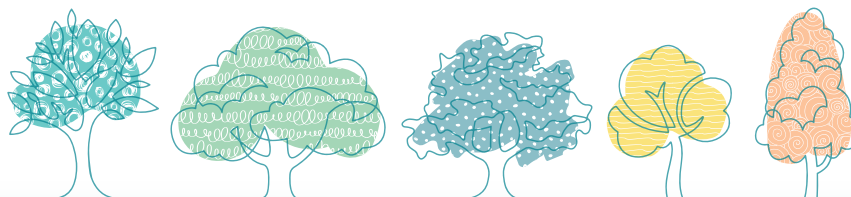
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Mindfulness and Joy	Diversity and Uniqueness
Like a tree, I find joy in...	Like a tree, my body is...



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