

The Power of Composting Rough Moments into Learning and Growing Moments.

Steps:

1. Bring an Awareness of difficulty & emotions attached to the moment.
2. Be gentle with yourself. Just notice the emotions without judgement or mean self-talk.
3. Ask or wonder how the rough moment can help you grow.

Can you think of a time that life played rough with you, but you grew stronger or became more empathetic to others? Following the string of pain that leads to growth is a powerful skill.

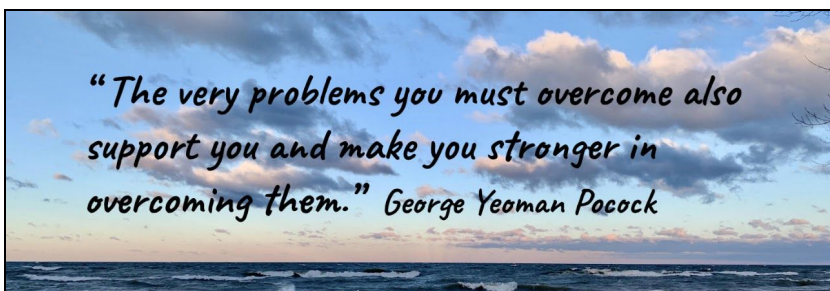


Compost Moment: Moment you had a rough time & felt angry, sad, lonely, rejected, regretful, etc.

Think of a time life played rough with you & write about it.



Taking Compost and Growing a Garden: Can you follow the string of pain that brought you to growth or more empathy for others?



How can our rough moments help make us stronger?