

Sunflower Wisdom Poster

1. You Create Your Own Happiness

Be a magnet for joy. Let go of the past. Focus on the good. Your thoughts bloom into feelings-plant the ones that make your heart sing.

2. Live in the NOW

The present moment is where the magic is. Not yesterday. Not tomorrow. Right now. Shine here.

3. You Were Made to Create

Build, draw, write, dance, grow. You were born to create beauty and kindness in your own unique way.

4. Your Thoughts Become Things

Think thankfulness. Gratitude turns a regular day into a sunflower field. Say it out loud: 'I am thankful for...'

5. Eat From the Earth

Choose food with life in it. Nature gives you energy that glows from the inside out. Grow it. Pick it. Love it.

6. Your Voice Has Power

Words are seeds. Speak kindness, speak truth, speak love. What you say grows stronger-so say something beautiful.

7. Protect Your Mind's Garden

Be mindful of what you let in. Books, music, shows, people-it all takes root. Choose what helps you grow tall and strong.

"You are the gardener of your own soul. Your thoughts are seeds. Your words are sunlight. Your actions are water. Grow wisely. Live kindly. Always face the sun."

