DIY Craft Personal Growth Plant

Instructions:

- 1. View the example plant.
- 2. Cut out the pot, leaves, stems, and watering can shapes from the following pages, or create your own using construction paper. You can make the leaves various sizes and shapes to mimic real leaves.
- 3. On the plant pot, write the subject of your growth tree.
- 4. On each leaf, write down one of your accomplishments or goals. These could be personal achievements, milestones, dreams, or aspirations. Use a pen or marker to write clearly and boldly, making sure the words are easy to read.
- 5. Assemble your plant.
- 6. On the watering can, write something that is an important part of your journey.
- 7. Add or take away leaves as you progress. As you accomplish more goals or set new ones, add additional leaves to the plant. Likewise, if you achieve a goal and want to remove it from the plant, simply remove it.

Display and Enjoy:

- Place your Personal Growth Plant in a prominent location where you can see it regularly, such as on a desk or shelf.
- Take time to admire your progress and reflect on your journey whenever you see your plant filled with leaves representing your achievements and goals.

Additional Tips:

- Get creative with your leaf shapes and colors to make your Personal Growth Plant unique and visually appealing.
- Take photos of your plant periodically to document your progress and celebrate your accomplishments over time.

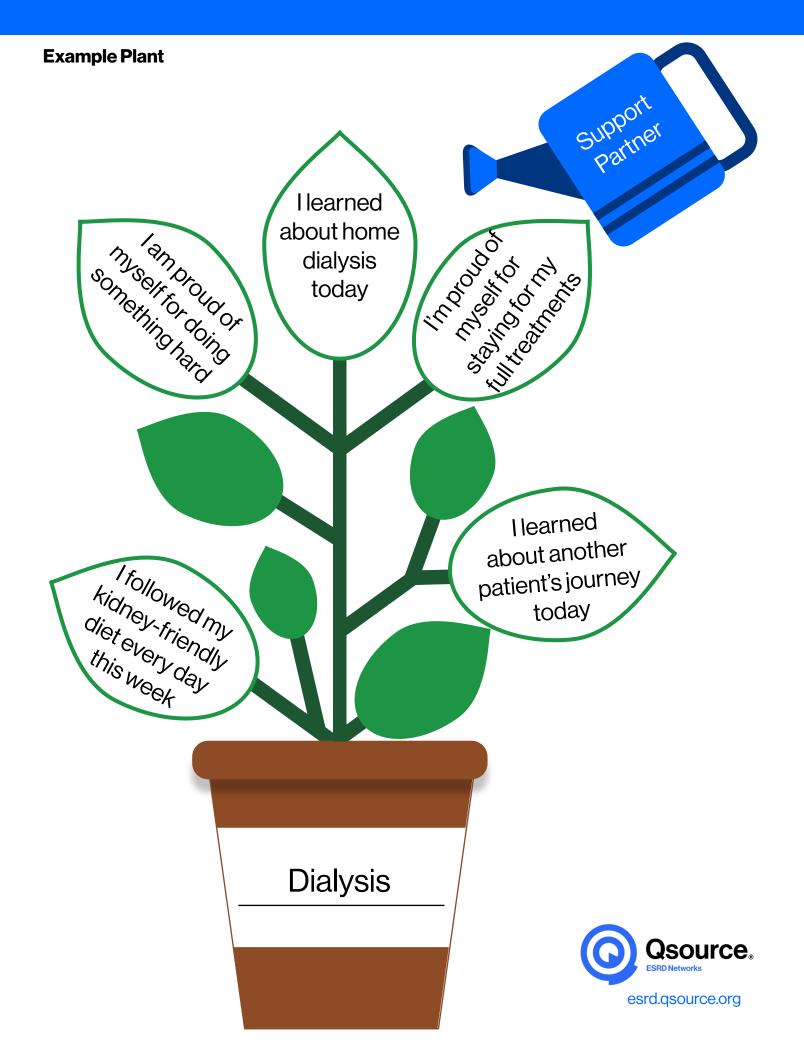
For more information or to file a grievance, please contact:

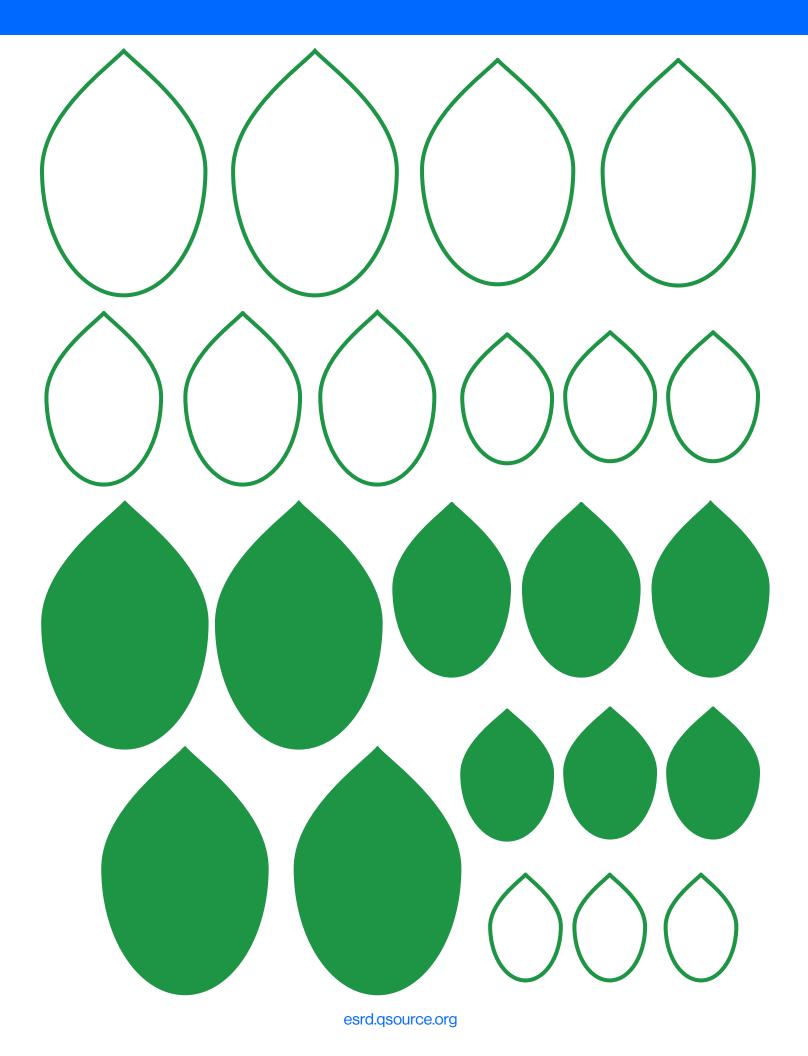
ESRD Network 10 911 E. 86th St., Ste. 30 Indianapolis, IN 46240 Toll-Free: 800-456-6919 ESRD Network 12 2300 Main St., Ste. 900 Kansas City, MO 64108 Toll-Free: 800-444-9965



This material was prepared by Qsource, an End-Stage Renal Disease (ESRD) Network under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. 24.ESRD.04.067







Cut out the stem pieces and add as my stems and leaves as you want to your growth plant.



esrd.qsource.org

My Personal Growth Plant



