

SUPPORT FOR THE CAREGIVER



soulseeds

SEED THE CHANGE



© 2010 soulseeds.com. All rights reserved.

## Seed of Growth

This is a time of growth for you. Notice what you learn about yourself in the process of helping another. Let these lessons resonate deep within you. The lessons you learn cannot be rewarded with a certificate, nor do you need any public accolades. These are rewards of joy you carry in your heart forever.



***Say to yourself: I am open to learning  
life's lessons through giving.***