

# LOVE YOUR TREE

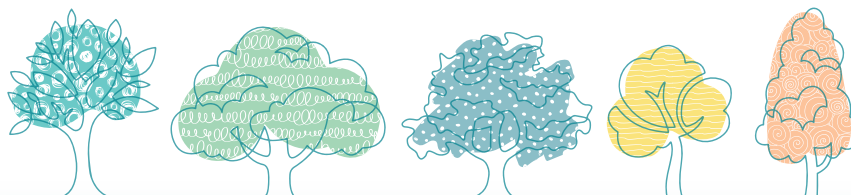
*Cultivating Compassion Through Art*



## AFFIRMATION CARDS

Brighten someone's day by completing the prompts. Share on social media using [#LoveYourTree](#), via email, or just post them where others will see them, and your inspiring messages will be shared with others as they work to heal.

Diversity & Uniqueness	Strength & Growth
<p><b>Like trees, our differences are beautiful because...</b></p> <p>To learn more, visit <a href="#">LoveYourTree.org</a> Email us at <a href="mailto:LoveYourTree@ERCPATHLIGHT.COM">LoveYourTree@ERCPATHLIGHT.COM</a></p>	<p><b>Like trees, we show strength through...</b></p> <p>To learn more, visit <a href="#">LoveYourTree.org</a> Email us at <a href="mailto:LoveYourTree@ERCPATHLIGHT.COM">LoveYourTree@ERCPATHLIGHT.COM</a></p>
Mindfulness & Joy	Community & Connectedness
<p><b>Like trees, we can find joy when...</b></p> <p>To learn more, visit <a href="#">LoveYourTree.org</a> Email us at <a href="mailto:LoveYourTree@ERCPATHLIGHT.COM">LoveYourTree@ERCPATHLIGHT.COM</a></p>	<p><b>Like trees, we show connections by...</b></p> <p>To learn more, visit <a href="#">LoveYourTree.org</a> Email us at <a href="mailto:LoveYourTree@ERCPATHLIGHT.COM">LoveYourTree@ERCPATHLIGHT.COM</a></p>
Resilience & Change	
<p><b>Like a tree, I show resilience by...</b></p> <p>To learn more, visit <a href="#">LoveYourTree.org</a> Email us at <a href="mailto:LoveYourTree@ERCPATHLIGHT.COM">LoveYourTree@ERCPATHLIGHT.COM</a></p>	<p>“<b>Courage</b> does not always roar. Sometimes courage is the <b>quiet voice</b> at the end of the day saying <b>I will try again tomorrow.</b>”</p> <p>~ Mary Anne Radmacher</p>



**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](mailto:LoveYourTree@ERCPATHLIGHT.COM)

Follow us on social media:  
[@EatingRecovery](#) [@PathlightBH](#) [#LoveYourTree](#)