

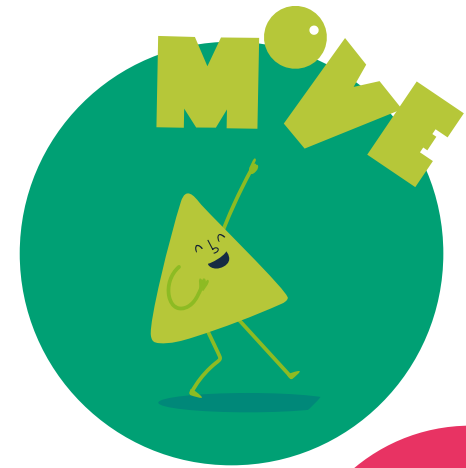
# I HAVE THE POWER OF...

- connection
- acceptance
- love
- affection
- appreciation
- belonging
- co-operation
- teamwork
- communication
- closeness
- community
- friendship
- understanding
- bravery
- compassion
- empathy
- encouragement
- motivation
- nurturing
- respect/self-respect
- safety
- learning

- growing
- rooting
- support
- knowing
- seeing
- understanding
- trust
- warmth
- air/my breath
- food
- movement/exercise
- rest/sleep
- shelter/home
- touch
- water
- nature
- freedom
- honesty
- truth
- presence
- play
- joy
- humour

- peace
- beauty
- togetherness
- unity
- ease
- equality
- harmony
- inspiration
- order
- choice
- freedom
- independence
- space
- spontaneity
- meaning
- awareness
- celebration of life
- challenge
- clarity
- competence
- consciousness
- contribution

- creativity
- discovery
- effectiveness
- growth
- hope
- sadness
- participation / involvement
- purpose
- self-expression
- to matter



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