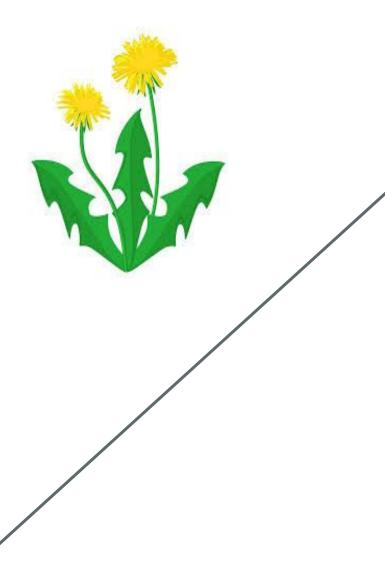


## San Diego Trauma-Informed Guide Team Learning Exchange

## **REFLECTIVE ACTIVITY**

What is one practice you'd like to let go of? (*These are your* **Weeds**)



What is one practice you would like to nurture and see blossom? (These are your **Flowers**)

