

PLANTING GOALS

Keeping your future goals top of mind is useful when making decisions today. Plus, putting in work now will help you see success later!



Items you will need*

- Soil
- Seed(s) for the plant of your choosing
- Toilet paper roll, egg carton or other small container
- Paper and writing utensil (pencil or pen)
- Water

**If you don't have access to these items, we encourage you to write down your dreams in a journal and come back to them regularly. Feel free to do this alongside your planting as well!*

Step 1: Write down or draw one of your goals on a small piece of paper. Your goal can be anything you dream of – big or small. Examples: drinking more water, finishing the book you're reading or taking a trip to Paris.

Step 2: Fill your toilet paper roll, egg carton or other container with soil about three quarters of the way to the top. Place your goal inside.

Step 3: Fill the rest of your container with soil. Bury a seed(s) in the soil.

Step 4: Add about a teaspoon of water.

Step 5: Watch your plant grow! Water it every couple of days and think about your goal as you do. In what ways can you grow to achieve this goal? What plans can you undertake to make it happen?

Thrival Kits™ is a partnership between the Manitoba Advocate for Children and Youth and the Canadian Mental Health Association (Manitoba-Winnipeg). For more information, visit thrivalkits.ca.