

The following pages are sized to allow 9 cards to be printed on each A4 page

The domain coloured cards (e.g. valuing ourselves) card can be used as for the reverse if you would like to print double sided (not necessary, just a bit fancy)

Valuing Ourselves

Seeing possibilities



Getting physical



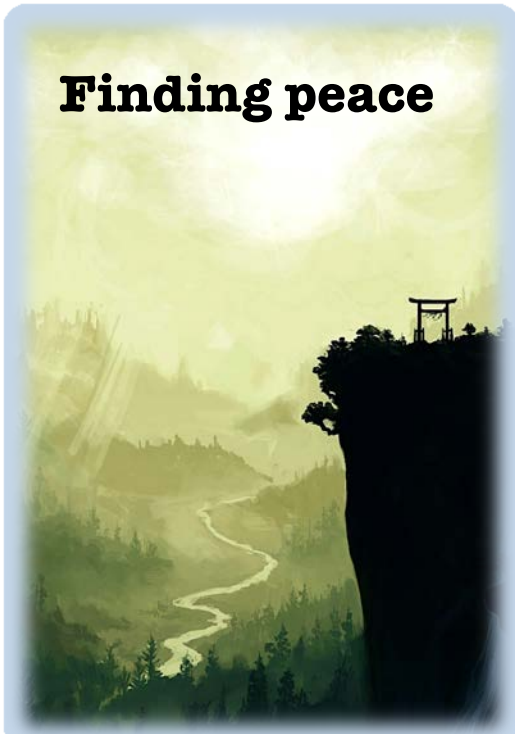
Feeling pleasure



**Giving
thanks**



Finding peace



Asking for help



Understanding



Accepting yourself



Valuing Relationships



**Being
compassionate**

Trusting



Belonging



Esther Mayfield

**Being
truthful**



A photograph of a family of four walking away from the camera on a sandy beach. The father, in a blue and white striped shirt and khaki pants, holds the hand of a young boy in a striped shirt. The mother, in a light blue t-shirt and khaki pants, holds the hand of a young girl in a dark blue shirt. They are all looking out at the ocean under a cloudy sky. The text "Loving and being loved" is overlaid in white at the bottom.

**Loving and
being loved**



Connecting

admiring



Appreciating



Valuing Living

Creating





Dancing with joy

Achieving

90





**Daring to
dream**

Seeking knowledge



Seeking freedom



**Embracing
the moment**



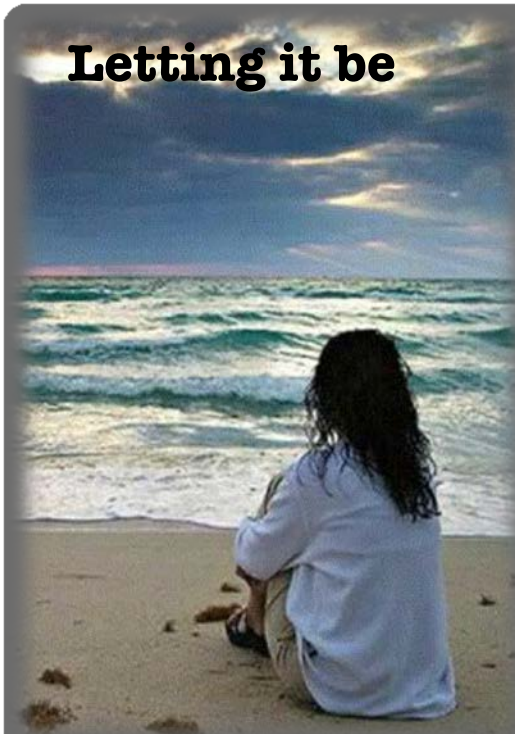


Imagining

elivida 2008

**Valuing
in the presence
of difficulty**

Letting it be

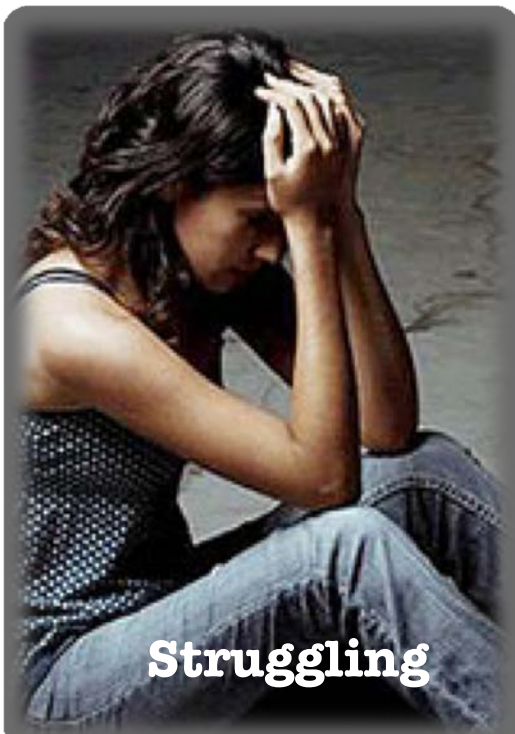


Seeking wisdom



Staying with uncertainty





Struggling

**Saying
goodbye**





Feeling secure

**Feeling
different**





Forgiving

Seeing possibilities



Getting physical



Feeling pleasure



**Giving
thanks**



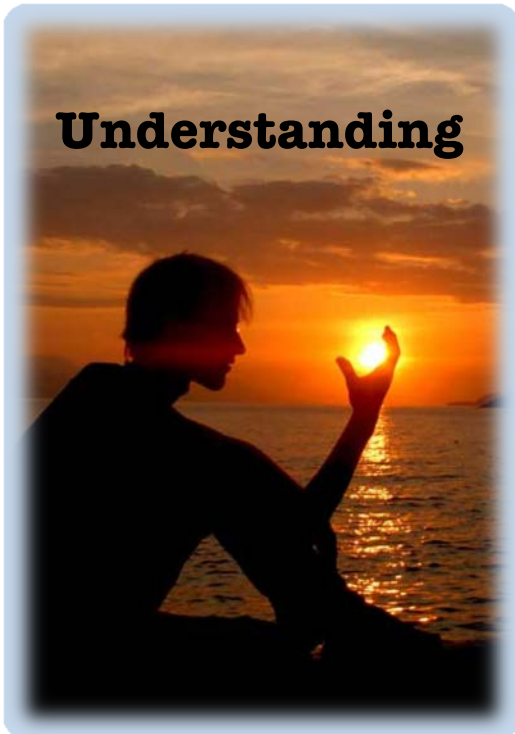
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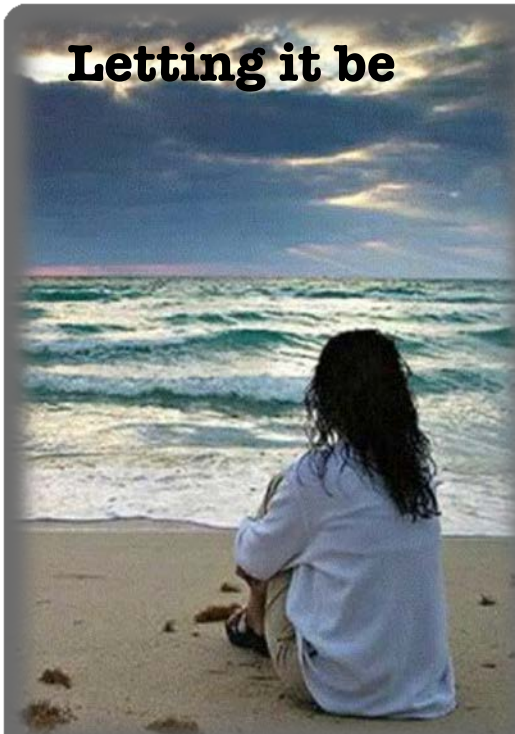


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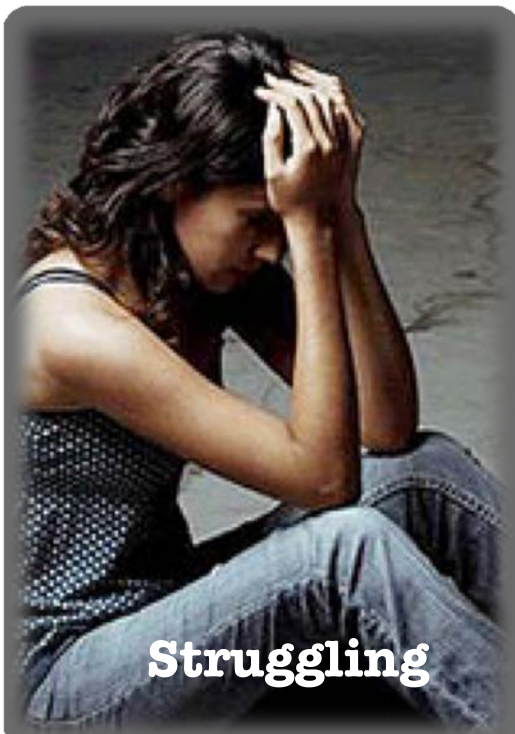


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