

Roots



- The roots of a tree draw in water and nutrients. They act as an anchor and keep the tree strong and steady.
- Trees can be beautiful, but what lies beneath is as important as the part you can see. The deeper the roots, the stronger the tree.
- How deep are your roots? Do they help you withstand life's storms or times of drought?
- A tree puts energy into growing a deep root system. What might this look like in your own life?
- What nourishes you? How can you make time for the things – or the people – that help you grow?

'When the roots are deep, there's no reason to fear the wind.'

African proverb

