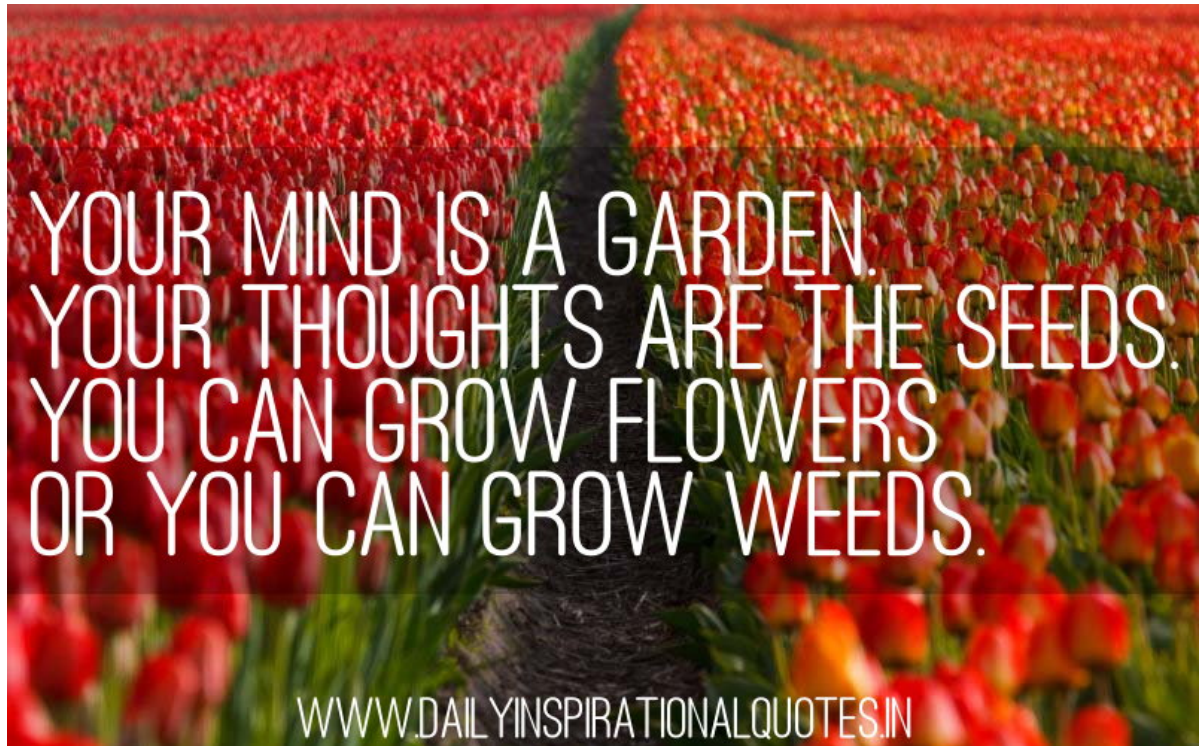
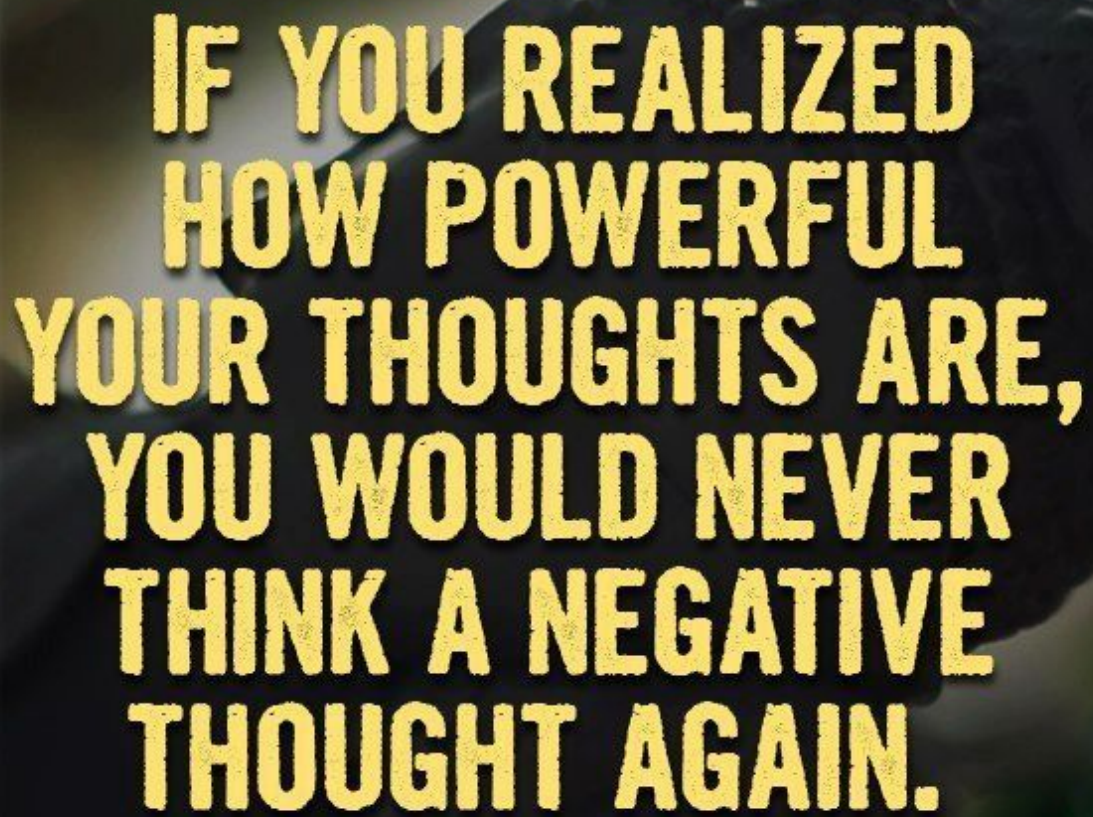


Week 45: What are YOU Cultivating?



I absolutely LOVE this quote...and so true! Our thoughts make up our world. They really, really do! Think about your own thoughts. How many times have you become overwhelmed about something simply because you let your mind wander? I know I have PLENTY!

With the New Year upon us it's important we start out our year right by CULTIVATING positive, uplifting thoughts. There are ALWAYS two ways of looking at things...let's take this first week of January to be POSITIVE!

A motivational quote in yellow, bold, sans-serif font. The text is centered and reads: "IF YOU REALIZED HOW POWERFUL YOUR THOUGHTS ARE, YOU WOULD NEVER THINK A NEGATIVE THOUGHT AGAIN." The background is a dark, textured surface, possibly a rock or a piece of wood, with a blurred green area at the top and bottom.

**IF YOU REALIZED
HOW POWERFUL
YOUR THOUGHTS ARE,
YOU WOULD NEVER
THINK A NEGATIVE
THOUGHT AGAIN.**

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Our Assignment

This week's assignment is to create a page of flowers and a page of weeds. You can use images, words, drawings, doodles, stickers, whatever you are inspired to!

Have you heard about my Year long art journaling class? I Say Yes can be found [here.](#)

Please join our FB Community [here](#).