

Name: _____

'WEEDS & SEEDS' REFLECTION WORKSHEET

What we plant in our hearts and minds will grow! Let's pull out the weeds and plant something better.

Instructions: Think of a character trait or belief you sometimes struggle with. This is your 'bad seed' (like anger, dishonesty, selfishness, insecurity). Then, write a 'countertruth'-a positive quality or truth that you want to grow in its place. Lastly, list one action you can take this week to help grow your good seed.

Bad Seeds (Negative thought or belief)	Countertruth (Positive thought or trait)	Action Step (How I will water the good seeds)
"I always mess things up."	"I make mistakes, but I keep trying."	I'll try my best on my next assignment and ask for help if I need it.

Reflection question:

Why is it important to recognize the "seeds" we're planting in our thoughts and actions?

*"You can remove them...pull them out root and all! By believing the truth...
that YOU'RE GOOD like the boy saw."*