



Freedom Flower Instructions



- ✿ Start at the ROOTS - record your personality; your spiritual gifts: your talents and passions.
- ✿ Next, you move up the stalk and use it as a literal timeline of your life. Begin at the ground with the day you were born and take the stand-out moments of your life, both good and bad, all the way to the bloom of the Sunflower.
- ✿ At the Bloom, the Petals, I want you to fill the petals in with the things that fill your life RIGHT now: Kids, Job, Husband, Boyfriend, Parents, Ministry, Sports, Life Challenges. The BLOOM of the flower is what the world sees living out in your life right now, today.
- ✿ Lastly, on your Unstuck version of the Freedom Flower, plant the SEED. We are going to end this sweet journey talking about the SEED of your Future – Your Legacy! We save the best for last!

