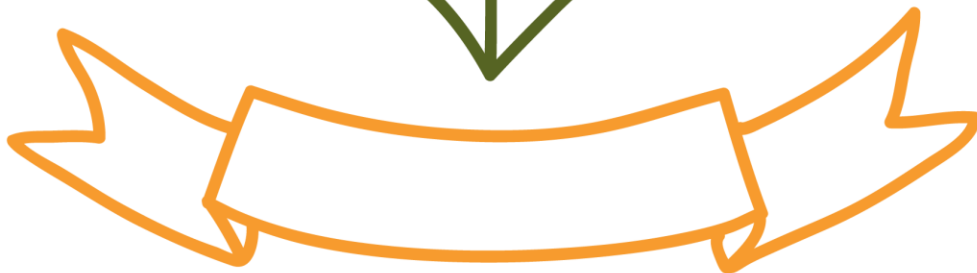
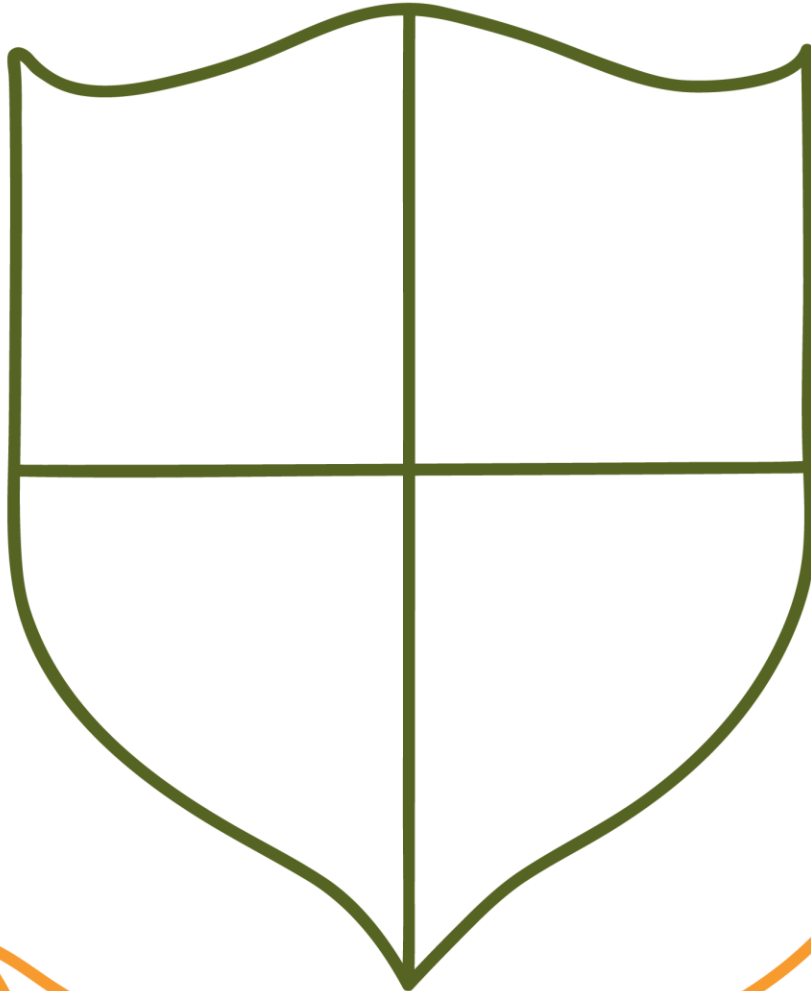


COAT OF ARMS



Create your own personal *Coat Of Arms* by choosing pictures and/or words to fill in the different spaces on the template as follows:

Crown – Something that represents who you are as a person.

1st Quadrant – Something that represents one of your strengths or successes (big/small).

2nd Quadrant – Something that represents one of your goals (big/small).

3rd Quadrant – Something represents one of the ways you nurture yourself.

4th Quadrant – Something that represents one of the ways you nurture others.

Ribbon – A positive affirmation.