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In
a day,
a place,
a moment,
I pick a little girl
and she helps me
understand who I am...

explore who I can be...



When I listen—she offers.
Understand—she grows
When I talk about her—she's heard
care for her—I'm nurtured
When I forgive her—
she finds her place
When I accept her—I am whole again.

How to use the cards



select one or more cards that reflect how you feel—they'll help you understand why
—flip the card over and they'll offer some encouragement that might help you feel better. They may help you
understand those around you too! Try using them to help you talk about what's happening for you eg. pick a card
and say something like;

“ This is how I'm feeling right now “



TIP: I carry my cards in my bag, prop one up in the car, frame a favourite for beside my bed, stick one on the
fridge, put a relevant one under my pillow to help me sleep. I must admit, I've become too attached to them to
post them!