



For Your Personal Reflection in September

Article: [Like watering a poppy, small actions can make all the difference | Global Sisters Report](#)

- Questions:**
1. After reading & reflecting, what needs “watering” in your life as Summer ends and Fall unfolds?
 2. In what ways can your mindfulness muster new energies that will be “life-enhancing” for you & for the “interconnected web of life of which you are a part?”