

3 TREASURED HEART

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1. Make a Treasure Box.

Or, hang a drawer on the wall, like a mini bookshelf.

Find a cool box, tin, or jar. Decorate it to represent you.

2. Collect five items from your home that are dear to you. Or, find items that represent someone who is dear to you.



3. Place these items in the treasure box.

Optional: Write a note to remind yourself: What does each item represent? Why did you include it?

4. Keep the Treasure Box somewhere safe. Add to it over the years.

