

“What is a weed? A plant whose virtues have not yet been discovered.”  
Unknown



This photograph is a photograph of weeds that were in the Northeastern part of Colorado for miles and miles. They are called sunflowers. There were so many of them that they looked like a yellow carpet. Birds were flying from bloom to bloom eating the seeds of the sunflowers. As I was driving for hours watching this beautiful scenery unfold in front of my car, all I could think about was how the soil had to have received lots of precipitation to allow so many “weeds” to be in bloom. Weeds seem to always find their way into soil that is waiting for them. Some weeds are taken places by birds; some weeds are blown in by the wind; and some weeds just live in the soil and wait for the perfect opportunity to take over. Their deep root systems not only make them difficult to remove, but they also soak up lots of water so that water doesn’t run off into the roads. How ‘bout that? This seemingly barren land had minimal water runoff due to the fact that so many of these “weeds” had taken over the landscape. In this case, this weed had unbelievable virtues. There was a beautiful landscape because so much of it had taken over. Birds were all over the place using the sunflower seeds for nourishment and the weeds helped to minimize the water runoff on the road. Now isn’t that beautiful?

## Bless and Release Activity

The purpose of this activity is to allow you to discover your virtues. What are your strengths? Identifying your strengths will help you to overcome negative situations in your life. When you can remind yourself just how strong you are, then monumental roadblocks in your life can be overcome in a much more efficient manner.

Complete the following sentences.

1. I am good at \_\_\_\_\_.
2. People are amazed that I can \_\_\_\_\_.
3. The one great word that describes me is \_\_\_\_\_.
4. My friends call me \_\_\_\_\_, and I am always amazed that they use that word, as I don't see myself like that.
5. The one sentence that best identifies my strengths would be \_\_\_\_\_.

“Aerodynamically the bumblebee shouldn't be able to fly, but the bumblebee doesn't know that so it goes on flying anyway.”  
Mary Kay Ash