

Which **fruit** would you rather **EAT?**



Every day, we make choices when it comes to eating: these have consequences on how we feel and how strong we are through the day. What is at least equally important if not more, are the choices we make on how we treat ourselves in the privacy of our mind. If we pick well the words we tell ourselves, we will feel good. If however we tell ourselves we're terrible and not worthwhile, chances are, we won't feel very strong in the end. The same about how we treat others: if we call them names and judge them for the smallest mistake, like the bad orange or apple, our relations will rot!

How do you feed your mind? How do you feed your relations? Maybe it's worth taking a minute to think about it.

A wonderful metaphor to share with children!