People think of me as a weed but my leaves, flowers, and roots offer nutritious food and powerful medicine. I can thrive just about anywhere. My roots create pathways for water to enter and build soil fertility. When weeded, a tiny piece of my root grows into a new plant. My seeds fly for miles in the wind.

Remember, you are rich in possibilities. When confronted with a difficult situation, you too can respond creatively. You can rise up and find solutions to life’s challenges.