



# My Support Beams



The sun represents growth, wisdom and strength.  
The sun heals. The sun is powerful. The sun sustains life.

Create your 'Beam Team' - fill in the beams of support in your own life, the people and things that help guide you towards growth, wisdom, strength, truth, stability, healing, empowerment and sustainable recovery.

Tip - add in contact details and use it as your support team contact document.

