

## A Good Tree vs A Bad Tree

### **An analogy of the heart and the resulting outcomes in life**

A good tree cannot bear bad fruit and a bad tree cannot bear good fruit.

What you “feed” your tree determines if it will be a good tree or a bad tree

Good “food” vs Bad “food”



### **The “Food” for your Heart**

1. The people you spend time with.
2. The music you listen to
3. The books you read
4. The movies you watch
5. How you spend your time
6. How you think about life (see good or bad each moment)

**Your “food” nourishes your heart and your heart determines your core beliefs about everything. If your heart is rotten, so will the fruit of your life be. If your heart is healthy, so will the fruit of your life be.**

### **Fruit of your life consists of**

1. The state of your relationships with your loved ones
2. Your state of mind each day
3. How you feel about your life and the people around you
4. The way you treat people
5. The way you work and try to succeed
6. The way you process the hard days in life and inconveniences

**Is your fruit toxic (angry and resentful) or loving and peace giving? If not healthy, check how you are nourishing your heart each day and change what needs to be changed.**

