

*Make this the year your
dreams blossom!*



Get ready to grow

WELCOME!

I'm so happy you've taken this step to start growing the life you're meant to live.

This guide will provide you with an overview of the 7 “Grow Your Dreams” steps, inspired by nature, that will help you to thrive. Cultivation requires taking certain steps to increase our chances of success. This mini guide focuses on these seven key steps to set ourselves up for achieving our goals and dreams:

- Step 1: Plan your garden of dreams
- Step 2: Prepare the ground
- Step 3: Create support systems
- Step 4: Plant the seeds for your dream to come true
- Step 5: Water and feed your dreams
- Step 6: Weed and prune to maximize results
- Step 7: Harvest and celebrate

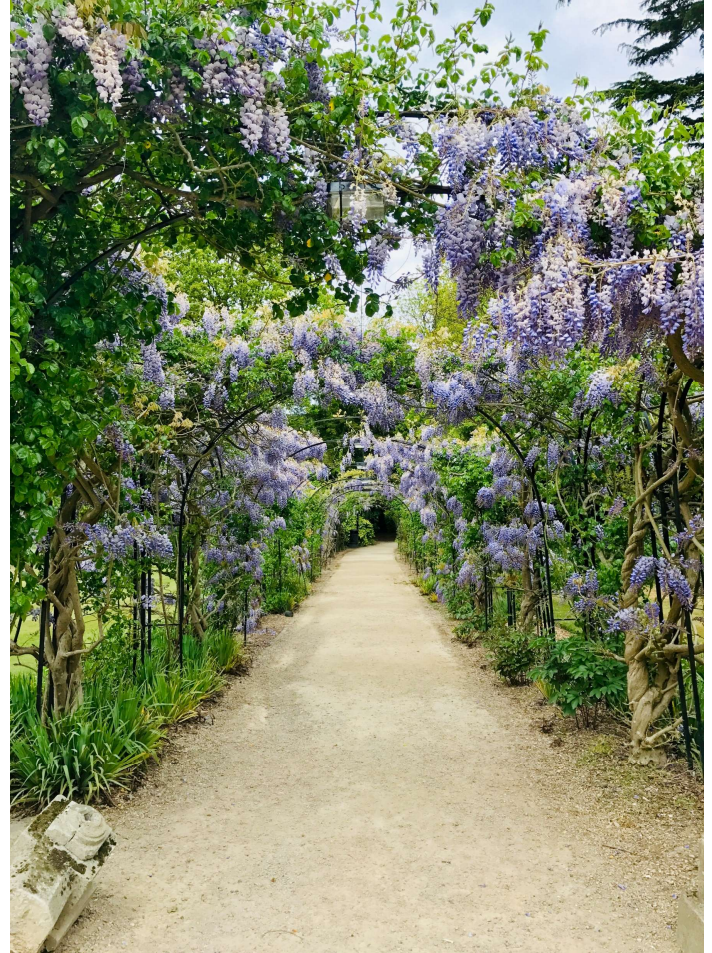
While this approach uses nature and gardening as a metaphor for growing what you want to harvest in your own life, you certainly don't have to be a gardener to get something from this book! However, I will encourage you to grow a little something, even if it's just a house plant or some herbs for your kitchen. Symbols are powerful and can serve as a touchstone on your journey. Observing growth in action will help you remember that your own dream has a timeline of its own. My hope is that you can apply some tender compassion to your endeavors and cultivate a life that is uniquely suited to you.

Step one

Envision your garden of dreams

The first step is to get in touch with your heart's desire - to name what you want to achieve, examine why you selected that goal, and think about what that dream or goal needs to be successful. We'll explore whether achieving that goal will truly fulfill your desire, or if that goal belongs to someone else. You want to ensure you're putting your energy in the right direction for your own unique life, and not because it looks good on paper or because someone else has defined success for you. Sow the seeds of the life you want! You'll be more committed to growing what you love, and that commitment can help you follow through to the end.

You'll then evaluate the conditions needed to be successful. Tomatoes don't grow in the shade – they are a sun loving plant. Likewise, trying to achieve a goal in the wrong conditions is an exercise in frustration. What do you want your end result to feel like and look like? How will you measure your success? What seeds will you plant? The exercise for this chapter will be to make a dream plan (similar to a garden plan).



*Tomatoes don't grow in the
shade...*

*Are you trying to reach your goals in
the wrong conditions?*

Step two

Prepare the ground

In this step, you'll work on preparing the ground for success based on what you've decided to grow. What nutrients does your dream need to thrive? Each plant has specific requirements, just as each dream has specific needs. What do you need on a personal level to be successful for your dream or goal? How can you position yourself for maximum success? What location is ideal? What type of growing conditions does your dream require? When's the ideal time to plant?



Through a series of exercises, you'll determine what's needed to make space for your dream. In the garden, we select a sunny spot, clear the ground of rocks and weeds. How can you clear your calendar to make space and time to pursue your goals? What obligations, time constraints, and resources could keep your dream from thriving?

Step three

Create support systems

By the time you reach step three, you've clarified our goal or dream and prepared the ground for planting. It's tempting at this point to go right ahead and plant your seeds, but there's one last step before planting: setting up support systems. Trying to add supports once a plant get too large is difficult, and we risk damage or not getting the support positioned just right to be of much help once the plant is heavy with fruit. Having a plan in place ahead of time means the support will be there at the exact moment you need it.

Support comes in many different forms. Sometimes we just need a light prop-up along the way. At other times we need boundaries to keep us on the path, or a little respite from the heat of the journey. Having a plan for these ahead of time will get us across the finish line when the road gets hard to navigate.



Identify the support you need to:

- ❖ *keep conditions ideal during growth periods*
 - ❖ *reach great heights or up-tier your dreams*
 - ❖ *help aggressive growth thrive*
 - ❖ *stay focused and on track*
 - ❖ *avoid legal issues or thorny situations*
 - ❖ *protect from burnout*
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Step four

Plant the seeds of your dreams

*I*t's finally time to plant the seeds! In many ways, these seeds were already planted in your imagination long ago but for many people, they stay there. Magic happens when your dreams manifest into reality through ACTION. In this chapter, we discuss ways to maximize your future harvest through companion planting, planting multiple varieties or version of your goals to increase your chances of success.

*Seeds are the essence of
life itself.*

*They hold the entire future in their
compact size ready to create when given
the right conditions.*



The exercises for this step will help you identify a variety of ways to seed your dreams. You'll be encouraged to think outside the box and to use your support systems to try something new, or to create variations on the theme to allow for a variety of options which can lead to your success. Finally, you'll track what you've planted so that you know which ideas were successful in the end.

Step five

Water and feed your dreams



Gardens, just like personal goals, require regular attention and this is typically where many goals (and gardens) start to fall apart. The daily work to get to harvest/success requires the right amount of time and energy, especially as the fruits bloom and ripen. If steps 1-3 were well prepped, then you've set yourself up for success and your support systems will keep you going on your off days. Just like plants, it takes a steady diet of food, water and exercise to stay healthy. You can't pour a gallon of water on a plant and then ignore it for the rest of the month – it needs to be fed in regular doses. Similarly, small incremental habit changes that become part of your daily life add up to growth and success in the end.

In this step, you'll engage in a series of exercises to identify how you'll regularly feed your dream or goal, how you can remain accountable to the daily work over a sustained amount of time and what you need to take care of yourself so that you can make it to the harvest stage.

Step six

Maximize results

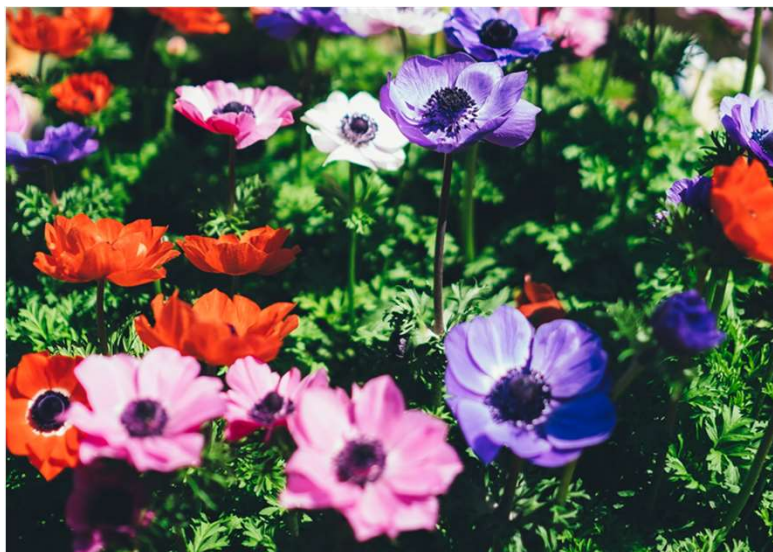
At this point in the cycle, we've been feeding and watering our dreams and we're paying close attention to see how our efforts and plans are progressing. We may be seeing lots of growth! Indeed, we may find that some things we *don't* want are growing or taking over. In this step, you'll explore all the ways you can protect our dream or goal from being discarded, stunted, strangled or overwhelmed by other time commitments, expectations or obligations--even by our own mindset, which can undermine all the work you've put in so far.

We'll go over three different types of cultivation:

Thinning – focusing our energy on what's working and discarding the rest.

Weeding – keeping invasive elements from taking over our time or space.

Pruning – removing what's no longer serving us or what's keeping us from moving forward.



As we go through each of these practices, pay attention to which ones resonate with you and your unique goal or dream. You may not need all of these, or not all at the same time. Like a garden, our dreams are cyclical, so these techniques may be applied when the need arises.

Step seven

Harvest and celebrate!

*I*t's what you've worked up to all this time – your dream is manifesting into reality. Out of nothing, you created something. Call it a miracle. Magic. Alchemy. The plant has borne fruit and you're reaping the rewards of your hard work.



Some goals or projects have a definite ending. In other cases, it's hard to know when the cycle is over. It could be that the fruits of your labors are slowing down substantially, or you find that your energy has moved on to other ideas and projects. When this happens, practice gratitude. Share your bounty. Gaze at the wonder of what grew and honor it, no matter how closely it resembled (or didn't resemble) your expectations.

What we put our attention on grows.

In this step, you'll and maximize the harvest of your efforts, evaluate what worked (save those seeds) and what didn't (eliminate these seeds), and most importantly, celebrate and reflect on the process. This is the fallow period. This is the time of winter, and should be used to restore, reset, and rest. Just as seeds or plants go dormant, we too need this time to turn inward and take stock. There are seasons for growing, and our lives and dreams also have their seasonal cycles. We don't ask a plant to produce fruit all the time. We shouldn't expect the same of ourselves. Plant a cover crop to regenerate the soil, and then rest and regenerate.

What's next?

And then we begin again...It's a continual cycle of growth that never ends.

We just reviewed the 7 Grow your Dreams steps. These are tried and true lessons inspired by nature that you can use as a blueprint to make your own dreams blossom.

Dig deeper...

Now it's time to take action.

If you've read this far, congratulations! Your desire to make your dreams come true shows that you're ready to dive deep into each step and apply the lessons to your goals. I welcome you to join a workshop of each step to explore further. Each session includes a variety of worksheets and simple ceremonies to help you move forward.

Click the link below to continue the conversation!

CLICK HERE TO LEARN MORE