





# Spring Planting

## Mapping Goals Spring-Fall

Time of year to begin preparing and brainstorming what steps you may take to get closer to the life we desire. Mapping each area in order to learn more about what goes into making our dreams a reality.

There is no particular order to filling this out, but I will put it into steps of how I filled out for myself

- **Flower petals:** up to 5 themes/goals or highlighting what areas of life we want to focus on (They may overlap is someway, this is a good sign that things are more connected)
- **Seeds:** Ideally one per flower petal goal, what is a tangible next step. Ideally as much of a SMART goal as you can make it, (Specific, measurable, achievable, relevant, time)
- **Sun:** External supports that can help guide you in achieving these goals, something that you already do have access to. (If it's something you don't currently have, one of your seeds could be find a therapist or find community group for example)
- **Watering Can:** Internal supports, what can you do to nourish yourself? Again, connected to goals but think outside the box, maybe you need better sleep hygiene or workout to have focus to complete your goals
- **Leaves:** What are two attributes you embody that help you believe these things are achievable?

# Post-Reflection

- How do you feel seeing things mapped out? Some relief or stress response?
- What was the most challenging step to fill out? Why do you think this was most difficult to conceptualize? \*\*May need more attention/thought
- How easy or difficult was it to identify leaves (positive attributes)? This may give you insight into how much you believe in yourself to be able to accomplish. If we don't first believe that we can achieve something we will always be internally working against this (more friction)
- How motivated are you to start working towards one seed this week? If you feel lack of motivation do your seed need more sun or water to begin? (External or internal supports)
- Reminder: This is a tool for you! Not a test, but something to help you track and remember what is important to you. It can always be altered when needed. You did the first step towards change by looking at this activity!