

DATE:

WHAT "AH-HAH" MOMENTS CAME UP FOR YOU DURING THE FIRST WEBINAR EXPERIENCE?

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WHAT IDEAS/SEEDS DO YOU THINK YOU HAVE BEEN NURTURING?  
(BE BRUTUALLY HONEST)

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HOW CAN YOU BE MORE INTENTIONAL ABOUT WHAT YOU RECORD IN YOUR UNCONSCIOUS MIND? (ENVIRONMENT, INFLUENCE, TV, SOCIAL MEDIA ETC.)

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WHAT GOLDEN IDEAS/SEEDS DO YOU THINK ARE BURIED IN YOUR SOIL/MIND BUT HAVEN'T BEEN NURTURED?

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WHAT ACTIONS ARE YOU CURIOUS IN TAKING AND EXPERIMENT WITH AFTER THIS REFLECTION?

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# THE SURFACE

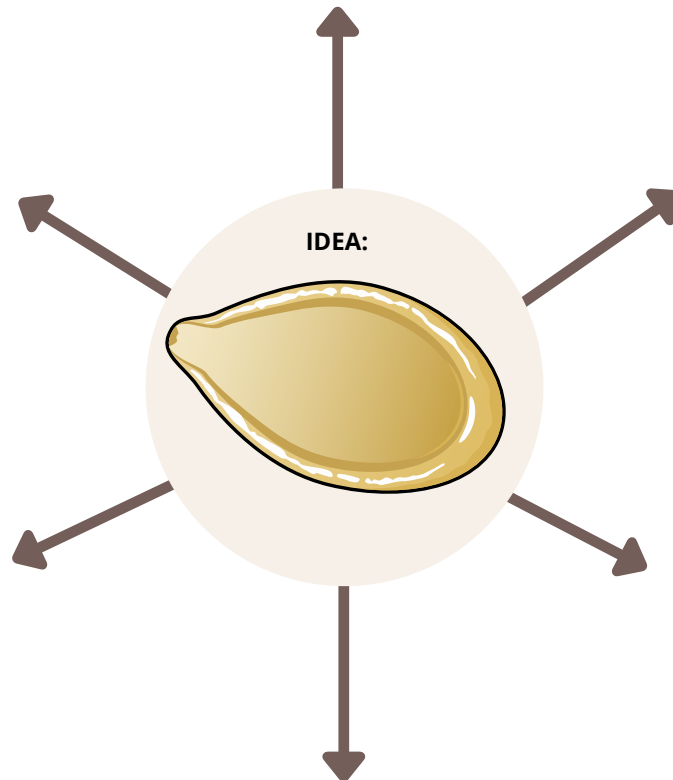
REFLECTION  
DATE:

## "THE GARDEN"

### PART 1

HOW DO YOU NURTURE THE SEEDS IN YOUR MIND?

**Instructions: Pick an idea/seed you believe has hindered you in life, write it inside the seed. Brainstorm below all the different ways you have been entertaining/nurturing this idea in your mind.**



What went through your mind as you created this?

(Write in journal)

# THE SURFACE

REFLECTION

DATE:

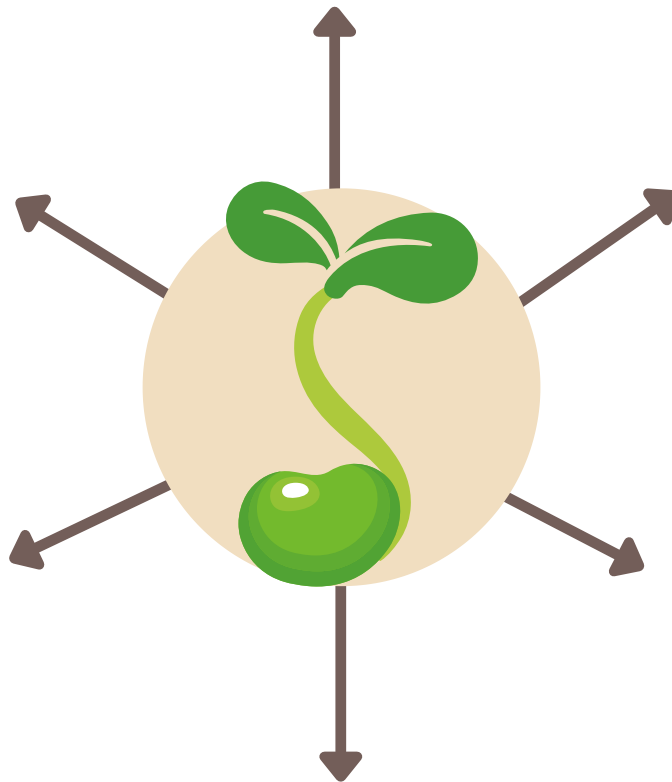
## "THE GARDEN"

### PART 2

HOW DO YOU NURTURE THE SEEDS IN YOUR MIND?

**Instructions: Pick an idea/seed you believe you SHOULD be nurturing? Brainstorm below all the different possibilities that can come from nurturing this seed.**

IDEA: \_\_\_\_\_



What went through your mind as you created this?

(Write in journal)



Date: \_\_\_\_\_

# THE GARDEN CHALLENGE

SOMETIMES IT COULD BE EASIER TO OBSERVE THIS PROCESS IN SOMEONE ELSE'S GARDEN RATHER THAN YOU OWN. I CHALLENGE YOU TO PICK A DOCUMENTARY OF SOMEONE THAT IS FASCINATING TO YOU. START TO IDENTIFY WHAT SEEDS/MEMORIES THEY GATHERED THROUGH EXPERIENCE, WHAT SEEDS/IDEAS THEY PLANTED AND WHAT PLANTS THEY MANIFESTED FROM THE SEEDS THEY NURTURED.

THE PERSON I CHOSE: \_\_\_\_\_

WHAT SEEDS DID THEY STORE IN THE UNCONSCIOUS MIND?

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WHAT SEEDS DID THEIR SUBCONSCIOUS MIND PLANT?

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WHAT SEEDS DID THEY NURTURE? (THROUGH PURSUIT, REPETITION, ETC)

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What went through your mind as you observed this?

(Write in journal)