

22 March 2021

The weekly challenge and actions have been designed to push you out of your comfort zone and make you look at different perspectives. What we focus on becomes a representation of our experiences so if we do things differently, improvements in all aspects of our life will start to happen. Please ask if you have any questions but more importantly, enjoy!

Planting the Seeds

This week, we need to firm up what was decided on the last weekly challenge. Planning & acting are 2 very different things... It's easier to assess what needs to be done than to actually start taking action.

So if we use the metaphor of gardening, now that we know what we want it to look like, let's get on with it. It's time to de-weed and get the ground ready so the seeds of success can be planted. If you find yourself procrastinating, go back through the masterclass & act on what's holding you back. When it all starts to bloom, you will be glad you made the effort...



Monday - It's important to take stock of what we have got & what we have already achieved so far. List all of your achievements, big & small, as well as what you are grateful to have in your life.

Tuesday - Do you have any regrets? Is there anything you wish you could have done differently? Is it too late or could you do something about it in a different way? What will you put in place to not have regrets again?

Wednesday - Prioritising your life... What do you need to de-weed? What do you need to say no to? And what do you need to say yes to?

Thursday - Plants need to be cared for & their essential needs met, like watering. Sometimes, we take care of everything & everyone else but forget about ourselves. How could you take better care of yourself?

Friday - You set some 12-month & 5-year goals last week. Have you actually acted on those? Whether you have or not, set a task a week for the next 3 months so it's broken into smaller chunks & start today.

Saturday - What excuses have you made in the last week for not taking action or delaying taking action? What will you do differently this week & going forward?

Sunday - Finally, focus on growth & progress. How will you feel once it all starts to bloom? What will you see & hear? What will you think? Visualise what happens once you start to see the success.