

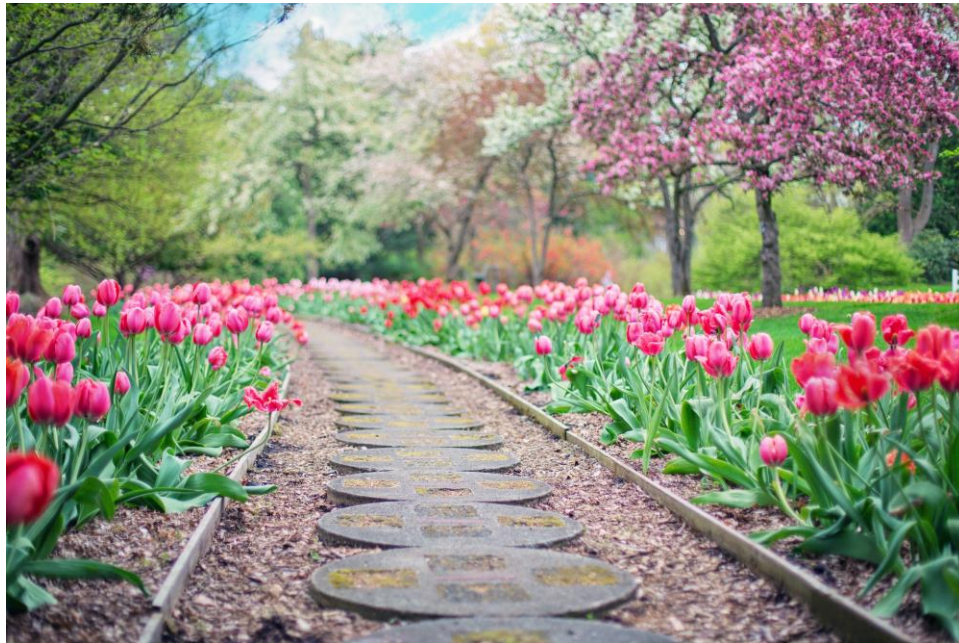
Three KICK ASS Skills To Thrive BY!

With Maureen Manley, MA

#1 INSPIRED VISION

Tending the Garden called Your Life

Four vital components for a bountiful garden:
Seeding, Watering, Weeding, and Trusting



*“And the day came when the risk to remain tight in a bud
was more painful than the risk it took to blossom.”*

-Anais Nin

First: Seed Planting

What seeds are you planting?

What are some things, you would like to “bring forth” in the garden called your life?



THE GARDEN CALLED YOUR LIFE

Family &
Relationships

Health
Nutrition and
necessary care

Emotions &
Attitudes

Life Purpose &
Service

Exercise &
Fitness

What are the seeds you wish to plant?

- 1.
- 2.
- 3.
- 4.
- 5.

Second: Watering and Care



How will you water and feed these seeds?

- 1.
- 2.
- 3.

Think of watering as where
you give your
TIME & ATTENTION.
Things that are not watered
and cared for wither away.

4.

5.

Third: Weeding



*Weeds distract from the beauty you have planted.
Weeds can suffocate the new growth.*

“Weeds” are those things that get in the way of the new growth?

Weeds can show up as:

- Negative self-talk.
- Not believing in your ability to succeed.
- Immediate gratification activities found elsewhere.
- Fear of what others think.
- Thinking you must be a perfect, or even a good “gardener” to begin.
- The belief you could possibly fail.

What are some potential “weeds” that my crop up in your garden?

1.

2.

3.

4.

5.

How will you manage your “weed control” program?

1.

2.

3.

4.

5.

Fourth: Trust

Trusting the *process*: continuing to tend your garden through harvest time!

*You cannot abandon your seeds and expect them to flourish.
You also cannot keep digging up the seeds to see how they are doing!*

How will you manage your “growing” process?

List some way you exercise you trust and faith muscles while tending your garden?

- 1.
- 2.
- 3.
- 4.
- 5.

Fuel your Inspired Vision with Your WHY'S

Some examples of WHY'S

- ❖ To be physically strong and healthy.
- ❖ To be mentally strong.
- ❖ To be emotionally strong.
- ❖ To be spiritually strong.
- ❖ To be able to respond well to adversity.
- ❖ To be a great mother, father, spouse, friend, and citizen.
- ❖ To contribute to family, work, and society.
- ❖ To have purpose and meaning.
- ❖ To develop and grow.
- ❖ To have confidence and self-esteem.
- ❖ To be fulfilled, at peace and satisfied with self and life.

