



You Are a Gardener®

Let Go to Grow

A NEW SEASON RESET

Pause. Reflect. Choose what I want to carry forward and what I want to grow next.



LET GO

What is taking up my time, energy, or space that I am ready to release?

*A worry • an expectation
a pattern that isn't helping
something that no longer feels right*



CARRY FORWARD

What worked well this past season that I want to keep doing?

*Something I enjoy • time with people I love
a routine that felt good • a positive mindset*



GROW NEXT

What do I want more of in this next season?

*More time outside • a calmer morning
better sleep • time with friends
a creative project • movement • a new routine*

ONE SEED TO START

What is one small thing I can do this week to begin?



I know what to grow
and what to let go.



I clear some space
and grow at my pace.



New season, new seed,
I choose what I need.

ONE WEED. ONE SEED. ONE FLOWER. ONE GARDENER AT A TIME.