



GARDENER'S VIRTUE TRACKER™



Tend your seeds. Notice your growth.

Every small choice
helps something
beautiful grow.

Name: _____ Week of: _____

SEEDS OF CHARACTER WE ARE GROWING THIS WEEK

- Gratitude
- Patience
- Generosity
- Responsibility
- Self-Control
- Moderation
- Open-Mindedness
- Other: _____



DAILY GARDEN CHECK-IN			
Day	Seeds I Practiced	Weeds I Noticed	What I Learned / Noticed
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

HELPFUL GUIDE: WEEDS → SEEDS

- Frustration → **(Patience)**
- Discontent → **(Gratitude)**
- Self-focus → **(Generosity)**
- Impulsiveness → **(Self-control)**
- Overdoing → **(Moderation)**
- Avoidance → **(Responsibility)**
- Narrow thinking → **(Open-mindedness)**

TODAY I NOTICED...

One moment I'm proud of:

One seed I want to plant more tomorrow:



END OF WEEK REFLECTION

What seeds grew the most this week?

What weeds did I notice more often?

What will I continue to grow next week?

GENTLE REMINDER ♥

Growth takes time. Some seeds bloom quickly. Others grow quietly beneath the surface.

Every moment of awareness... is part of becoming a stronger, more intentional gardener.