

Seed Recognition & Protection Worksheet

Use this after reading "Don't Judge the Seed by the Absence of Fruit." The goal is not to predict the harvest. It is to notice what may already be growing and decide how to protect it.

1. What idea, direction, lesson, calling, or desire keeps returning to me?

2. When did I first notice it, and what was happening in my life at the time?

3. What evidence suggests this seed has grown or matured since then?

4. How have I already nurtured it - intentionally or unintentionally?

5. What could choke or damage this seed right now (fear, neglect, hurry, distraction, comparison, lack of skill, something else)?

6. What is one small action I can take this week to tend or protect it?

7. When will I revisit this and look for growth without demanding immediate fruit?

Roots grow before results show. Notice the seed. Protect it. Let it grow.