

Notice - Tend - Protect: Cultivation Check

Use this after reading "Water the Seed, Stop Forcing the Fruit." Choose the area that needs the most aligned attention right now. You do not need to overhaul every pillar at once.

1. NOTICE: What has been planted in me or in this area of my life?

2. ALIGN: How does this connect to the life, purpose, or outcome I am trying to build?

3. TEND: What one concrete action would nurture this seed this week?

4. PROTECT: What could choke it or pull me off course?

5. RELEASE: What outcome am I trying to control that I need to stop forcing?

6. REPEAT: What simple practice would help me nurture this consistently?

7. REVISIT: What date will I check alignment and growth again?

Set the direction. Nurture the process. Let the harvest come in its season.