

DESIGN YOUR INNER GARDEN



Your mind is like a garden: a space full of potential to grow a beautiful and fulfilling life. In this guide, you will explore the current state of your "garden," identify the most important "plants" to nurture, and create a plan to remove obstacles and encourage growth.

Take your time as you reflect and work through these questions. There is no right or wrong answer, just your journey toward clarity and design of your intentions.

This is an opportunity to clear, plant, and nurture ideas for your personal growth.

Step 1: Assess Your Current Garden

What areas of your life feel unproductive or undesirable? Be curious and investigate to identify the most important areas for change.

What habits or thoughts feel like "poison ivy", that seem they are bringing nothing to you but discomfort?

What do you like about your current state of mind and/or lifestyle that you want to build around?



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Step 2: Weed and Replace



Are there "weeds" (fears, doubts, or habits) that hold you back?

Which of these are you ready to release?

Which do you want to focus on first?

Offer yourself openness with the intent: "This is no longer for me."

What will you replace these weeds with? (e.g., empowering beliefs, intentional actions)

Write down your reason(s) for committing to this. *Why is it worth the effort to change?*

Step 3: Design Your Forest

Pick your canopy tree: What is your biggest goal or value?



Add understory trees: What are two or three additional priorities that support your vision?



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Step 4: Add Companion Plants

What habits can you cultivate to support your priorities?

What can you tell yourself when challenges arise or old beliefs crop up, shifting your focus and actions back to supporting your goals?



Step 5: Maintain and Thrive

What will you do regularly to keep your garden healthy and clear of new obstacles?



What habits are necessary, and which would you revisit at a later time if they become overgrown and distracting?

How will you approach these changes in a manageable, staggered, evolution; to allow time for the dirt to settle?

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Step 6: Reflections and Actions

What are the first steps you are taking to clear space in your mental landscape?



What is one habit you will start today to nurture your priorities?



Is there anything you are concerned you don't yet understand or have a solution for?



Step 7: Visualize and Experience

Use this space to witness and/or describe your ideal mental garden. You can use any sense to do this exercise, see the garden, feel the breeze, hear the leaves rustling, taste a blueberry. Visualize some interaction with every plant you described in this guide, and imagine that plant carries the feeling of already being who you want to be. As you interact with it, you feel you are achieving those goals.

Be in this new world. The space you cleared is fresh, fertile ground representing potential for change, your companion plants surround you as supportive habits that make it easier to be exactly who you intend moving forward, and your priority tree stands tall and strong as the largest plant, thriving in the center of your garden.

Every garden takes time and care to thrive. Celebrate each step you take toward designing and tending to your inner garden, and trust that growth will come with persistence. Allow your mind to relax and grow into this new way of being.



Remember: this document is one exercise. It takes time and effort to make significant changes. Be patient with yourself. Also, you don't have to go it alone. You could work with a coach who has another perspective, to support your growth. If you are interested in working together, learn more at [Golden Grove Coaching](#).