HAND CRAFT YOGA

PRESENTS

SPRING INTO ACTION

A GUIDEBOOK

BRING YOUR IDEA FROM SEED TO SPROUT IN 7 DAYS

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1

find some space

1 find some space

Welcome to Day 1 of the Spring into Action challenge.

Maybe you already have an idea in mind that you want to bring to life this week. It is totally okay if you don't. Either way, today we will use our energy to **find some SPACE.**

If you really wanted to see growth, it's unlikely that you'd just drop a random seed into hard earth. For the rooting to be most successful, you'd probably take time to till your soil, churning through the tough ground to aerate and make space for the seed to crack open.

Today, your challenge is to break through the tough ground by doing something a little random or out of your routine. Don't put pressure on yourself, but shake things up. See what ripples out.

Then, take a moment to find some stillness.

Imagine you are standing at a display case with an infinite assortment of seeds you could plant. You can come back to this stand at any time, but for now, you can only pick 1. You have the intuitive feeling that you'll know it when you see it... just try not to think or overthink about the logistics yet (we'll get to those later).

Let it just connect.

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1 find some space, cont.

When you select the seed that you want to plant, consider why you were drawn to it. What is the big idea behind your big idea?

For example, when I first held the seed for this 7-day challenge, I considered why I'd want to spend time bringing it to life. Why tend to such a plant? Deep down, I wanted to grow a fruit that I could share with my community...a framework tool to help others turn their seeds into flowers. Now here we are, sharing the framework that I used to create the framework that I'm sharing!

So let's recap:

1. Do something out of your routine
2. Get still and connect to a seed
3. Why that seed?

Don't rush yourself, just be with the space.

Remember, things take time. Embrace the challenge of consistently showing up to tend to your new idea, and get in the habit of nurturing it like you would a new seedling.

CHAPTER

2

see all the possibilities

2 see all the possibilities

We've made it to Day 2 of the Spring into Action challenge, now with an idea in mind.

Today, we will use our energy to **SEE all the possibilities** of the blooming potential of this seed you've decided to plant.

Usually when planting seeds, you have an idea of what the growth will look like. Maybe a memory of the smell of the leaves or the taste of the fruit. Even if this plant is new to you, the picture on the seed packet shows what to look for. Having a visual of what we are growing at front of mind helps us keep our sights focused.

Today, I challenge you to visualize your idea coming to fruition. Really feel it come to life as you imagine it through all of its stages. Then, create a final picture in your mind of what it would look like to be completed in all of its parts.

Prompt yourself to consider not only what it looks like, but how it feels (both tangibly and energetically). See who is around in your support system, where do you keep the supplies, where is the headquarters, what kind of time frame are we on, and any other details that strike you about the completed project.

What do you see?

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see all the possibilities, cont.

Give yourself time to dream and explore as many details as you can think of. Have a notepad handy so you can write down anything that comes up. Do your best not to think or overthink about any logistics yet (we'll get to those later).

One of my favorite stories of visualization in action is from Olympic gold medalist Michael Phelps. I saw an interview where he said that he wasn't any better physically, didn't train any harder or have any special skills compared to his competitors. But what he did do, daily countless times, is mentally rehearse (visualize) himself winning. He knew it because he saw it, he felt it, he believed it.

So let's recap:

1. Read over the visualization prompts
2. Close your eyes and see your idea come to fruition
3. Write it all down

Don't try to control what you see, just let it bloom naturally.

Remember, things take time. Embrace the challenge of consistently showing up to tend to your new project, and get in the habit of nurturing it like you would a new seedling.

CHAPTER

3

speak it into existence

3 speak it into existence

Welcome to Day 3 of the Spring into Action challenge, now with an idea that you have thoroughly visualized coming to life.

Today, we will use our energy to **SPEAK our idea into existence**. It's time to call this thing into being!

When we plant seeds, we will often put labels in the soil to help us see what isn't obvious yet. We affirm that little tomato seed by calling it by its name. My Grandfather would tell me that when you talk to plants, they talk back...you just have to listen.

Today, I challenge you to label your idea and say it out loud! Look at yourself in the mirror when you say it, tell your pet about it (or maybe your plants ☺), and feel free to email so you can tell **me** about it!

Next, set a timer for 10 minutes and make a list of all the things that need to happen for your idea to come to fruition. Take this time to communicate all the important steps that could be a part of your process. Don't hesitate or try to organize it yet, just write each thing you think of. Depending on the type of plant you are springing into action, this list might be more like a brain dump.

Have you said it all?

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speak it into existence, cont.

Once you have a full list, run it through the Eisenhower Matrix (a way to prioritize tasks by urgency and importance). Basically, the matrix breaks a task list down into 4 categories:
DO) Complete these tasks asap.
PLAN) Schedule a time for these tasks asap.
DELEGATE) Who can help you with more urgent tasks asap.
DELETE) Don't waste time with these tasks while trying to accomplish the mission.
Fun fact: Dwight Eisenhower is quoted for saying "Plans are nothing; planning is everything."

So, let's recap:
1. Call it into being: say it out loud!
2. Set 10 min timer: brain dump
3. Organize your list

Don't be discouraged, just listen to what the plant will need.

The more we talk about an idea, the more it starts to actualize. That means more actual issues and potential hurdles... and more chances to build solutions! Strengthen the integrity of your plant by listening when it shows you what it needs to survive.

Remember, the day we plant the seed is not the day we bear the fruit. We have to keep coming back.

CHAPTER

4

share your idea

4 share your idea

Welcome to Day 4 of the Spring into Action challenge, now with an idea that you have visualized and spoken into being.

Today, we will use our energy to **SHARE your idea** in ways that will help it grow. Let's connect with your dream team!

Most plants can survive as long as they get the "right amounts" of sunlight and water. Of course, there are certain climates and light cycles, soils and rocks, fertilizers and nutrients, that can benefit different plants in different ways. Nurturing our plant with attentive awareness and additional resources can boost growth from surviving to thriving.

Today, I challenge you to call in the support you'll need to bring your plan to life. Take the list you made yesterday and start with the Delegate category. Consider who you plan to bring on board to help you with these tasks and make a list of people to contact.

Next, choose the most "urgent" one(s) and share the gist of your plan with them. Invite their assistance and explain the part you think they're suited for. As you share your plan with the appropriate parties, be aware of balancing the give and take.

How can everyone benefit mutually?

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4 share your idea, cont.

Besides the Delegate category, examine the rest of your list from yesterday and identify:

- resources you need to procure
- energy you'll need from other people, and
- anyone else that you feel should be "in the know" about what you have in the works.

Decide who you need to contact and how you want to reach out to them. Add them to your contact list. Imagine they will be excited to hear from you about this plan, but don't take it personally if they have too much on their plate right now. As long as you're open to it, an alternate will present itself.

So, let's recap:

1. Make a contact list
2. Reach out and see what connects
3. Add to contact list and keep connecting

Don't think of it as needing help, think of it as wanting to collaborate.

Remember, help and resources can come in unexpected ways. Be open minded and open hearted...a patient gardener who graciously awaits the unfurling leaves.

CHAPTER

5

empower action

5 empower action

Welcome to Day 5 of the Spring into Action challenge, now with an idea that you've visualized, bespoken, and resourced support for through connections.

Today, we will use our energy to **EMPOWER action**. Action brings clarity, so let's get to work!

Some plants don't bear fruit for many seasons. If we didn't have a realistic awareness of the growing phases (or pollination), a gardener might think that something was wrong. Through all of the efforts to protect our plant from hungry bugs, aggressive weeds, and diseases, we might start to feel like it just isn't worth the work. Reconnecting to why we planted that seed to begin with can help us stay resilient through those tougher seasons.

Today, I challenge you to DO the DO section of your list from Day 3. Depending on the type of plant you are springing into action, this might be quite the list!

One way to help clarify and focus a project like this is to use SMART goals. This acronym tool provides a framework to improve accountability to just a small section of your list or to the whole project:
Specific- What exactly is your goal? See if you can answer who, what, when, where, & which as you craft a sentence to specify. Luckily, we have already answered many of these questions in this challenge, so this one should be fairly easy to clarify.

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5 empower action

Measurable- How will you keep track of your progress? How will you know when you've succeeded?
Attainable/Action plan- What actions do you plan to take? Are they likely to bring success? Use the lists you made on Day 3 to help craft your master task plan
Relevant- Why is this goal important? Is now the right time or does it prevent you from achieving a more important goal? Are you committed to achieving this goal?
Timebound- What is your deadline for reaching this goal? Are there any checkpoint deadlines?

What can you do today?

Sometimes, the answer to that question is simply to keep believing. Depending on your goal, there may not be a physical action to take each day. Allow for some space so things can align organically, without force or pressure.

So, let's recap:
1. Do the Do list
2. Clarify with SMART goals
3. Get to work!

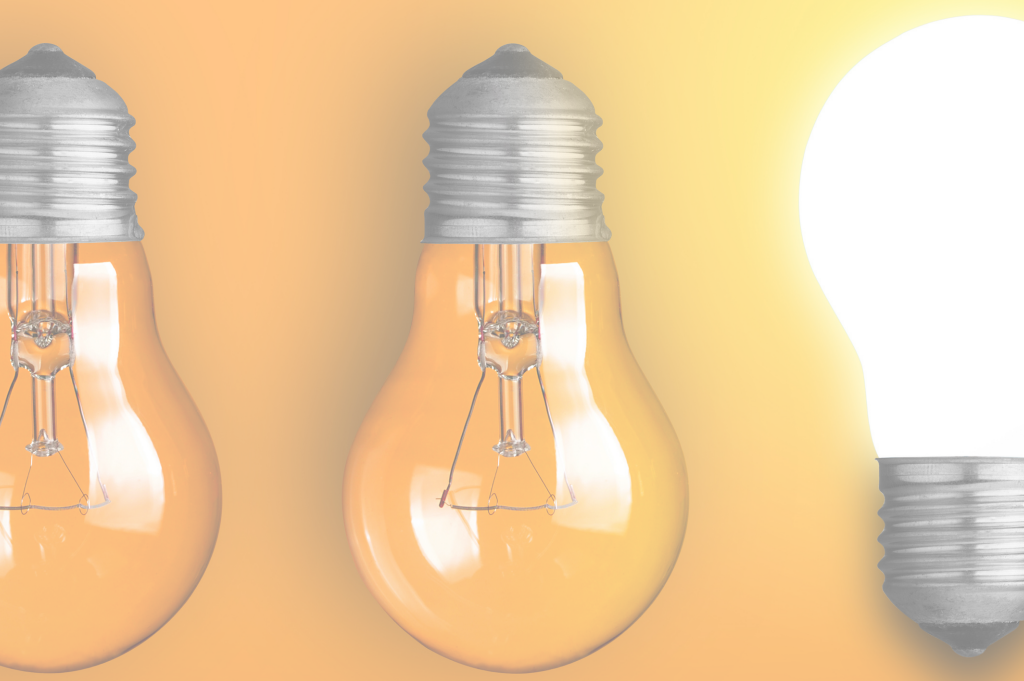
Don't be intimidated by the century plant, just turn the journey into baby steps.

As one of my favorite teachers, Ram Dass, would say: "You can do it like it's a great weight on you, or you can do it like it's part of the dance."
And as Lee Ann Womack would say: "I hope you dance."

CHAPTER

6

be creative



6 be creative

Welcome to Day 6 of the Spring into Action challenge, now with an idea that you've visualized, bespoken, resourced support for and taken real action to bring to life. Whew!

Today, we will use our energy to **be CREATIVE in the face of obstacles.** Flow around them, be flexible to change and resiliently passionate about your creation.

A plant with no obstacles is often a weak plant. Plants that endure strong winds and hard rains are forced to develop sturdy roots and supple stalks. Let this remind us to welcome challenges as a chance to practice flexibility. Be like a supple vine, slowly winding around until an open route emerges.

Today, I challenge you to go with the flow as you make your way through your Action plan. When obstacles pop up, get creative with your solutions. Embrace the possibility going "off course" ... while, of course, also embracing the possibility that it's not off course at all.

Then, keep moving forward! That To Do list isn't going To Do itself. If you reach a moment where you aren't sure how to move forward, just pause. Take a few deep breaths.

Listen to your gut instinct.

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6 be creative, cont.

Trust in your ability to feel the right way to move forward. Remember your why from Day 1 and reconnect to the pleasure of bringing this project to life. Let this passion refuel your resiliency.

So, let's recap:

1. Go with the flow
2. Keep taking action
3. Listen to your instincts

Don't forget to embrace the sweetness within the challenge of this labor.

And just because it still applies, let's revisit yesterday's closing remark:
As one of my favorite teachers, Ram Dass, would say: "You can do it like it's a great weight on you, or you can do it like it's part of the dance."
And as Lee Ann Womack would say: "I hope you dance." ☺

CHAPTER

7

honor the commitment

7 honor the commitment

Welcome to Day 7 of the Spring into Action challenge. **You did it!** Or at least part of it. You had an idea, visualized it, spoke it into being, resourced support, took action, and flowed through challenges to birth it into existence.

Today, we will use our energy to **HONOR the commitment** you've made to do this thing. You grew from "To Do" into "Ta Da!"

If you've ever tended a plant from seedling to first bud, flower, or fruit, you probably know the feeling of accomplishment that comes from successfully rooting and raising new life. Even if you haven't grown something from seed before, you can probably think of an occasion that you did something from start to finish. This ability to make something happen affirms that "grounded" feeling (which helps us make more things happen).

Today, even if your project isn't "done" at this time, I challenge you to celebrate the fact that you got it in motion...You sprang into action! You have taken several big steps to map out your journey: you decided where you wanted to go, saw yourself having a great time there, made it official, invited your bestie, got gas and road snacks, started driving, encountered detours, and stayed on course toward your destination! It would be so silly to do a U-turn at this point.

So far, you've survived 100% of the hardest days.

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7 honor the commitment, cont.

Now, add this to your evidence pile—proof that you show up and do what you say you are going to do. Which is the real secret to springing into action...Just do it. And keep doing it!

So, let's recap:

1. Celebrate your consistency
2. Add to your "ability to do" evidence list
3. Keep doing it!

Don't get impatient, just enjoy the process.

Even though this project is complete, I hope you can see how this framework could be applied to **anything.**

Just remember that it doesn't all happen at once(even though sometimes it sure feels like it). Typically, the day we get the seed is not the day we plant the seed; is not the day we watch it flower; is not the day we taste the fruit.

And we just keep coming back.