

# A Life-Gardener's Guide to Repotting Your Best Self Worksheet

## Step 1: Contemplate

Ask yourself, in what ways am I root-bound?

## Step 2: Conceptualize Pruning Passive Roots

To make progress, you first need to identify the problem. In gardening, pruning is when you cut off dead ends to make room for new growth. Brainstorm different habits, mindsets, and relationships in your life that you feel need pruning to allow room for growth in the future:

1. Habits:

2. Mindsets:

3. Relationships:

## Step 3: Clarify

What is the new element you crave to help those roots grow and thrive? New habits? New mindsets? New relationships?

1. Habits:

2. Mindsets:

3. Relationships:

## Step 4: Personalize

Write down possible ways you might repot yourself--hold back on self-judgement. It's okay to think practically and take small steps; it's equally okay to dream big and go for it!

Brainstorm ways you might expand your roots, I encourage you to write down at least one **BHAG (Big, Hairy, Audacious Goal)** that may seem too big for where you are right now.

## Step 5: Commit to Your Growth

Create your Repotting Action Plan by identifying up to five SMART (Specific, Measurable, Achievable, Realistic, Time-Oriented) commitments from the list of possible ways you might repot yourself.