



You can't Bloom If you haven't planted seeds

Here are a few suggestions that worked for me

Breathe, Believe, Begin. This is the day.

Look in the mirror and imagine it's next week and you already began. How do you feel? There's no time limit on when it has to be finished, just do it. *Plant that seed.*

Love the thing you're working on. What is it? To dance, play an instrument, take a trip, develop a new hobby, volunteer somewhere, make time in your day to return to something you enjoyed? I'm a big believer in using journal writing, meditation or even talking with someone who loves and supports you to reveal that dream. *Plant that seed.*

Open your mind to new ideas, to change, to the possibility that this could happen. When you observe yourself thinking differently than you had in the past, write about it in a journal. *Plant that seed.*

Organize your thoughts, your day, your materials needed to begin pursuing your dream. Designate a place to work, a corner, a desk, someplace easy to access. *Plant that seed.*

Make a commitment to yourself. You're the only one that matters. You're the only one who will feel the joy of the Bloom Experience. *Plant that seed.*

But...No telling who else you will inspire to pursue their Bloom. It's contagious.

