

INSIGHTS & EXPERIENCES IN APPLYING THIS SEED:

---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---

You may want to share some of your notes above with others.

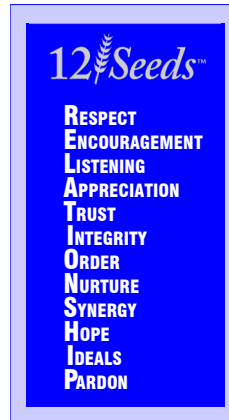
Study the seed you need to grow in the **TEAMBUILDER** series.



[www.12seeds.com](http://www.12seeds.com)

*This guide is designed to help you . . .*

- Identify one seed that needs to grow in your life!
- Grow that seed!
- Enjoy better relationships!



*The 12 Seeds are . . .*

- **Planted in Character**
- **Cultivated in Relationships**
- **Harvested in Life Together**



**12 Seeds International**  
 1515 East 66th St., Richfield, MN 55423  
[www.12seeds.com](http://www.12seeds.com)

phone: 612-866-5927  
 email: [info@12seeds.com](mailto:info@12seeds.com)

# Grow One!

## PERSONAL SEEDGROWING GUIDE

BUSINESS VERSION

Rev. 1.3



*For Character, For Relationships, For Life*

**Grow one seed!**  
**Reap a great harvest!**

***“It’s difficult to work on  
 all the seeds at once . . .  
 . . . but I can work on one!”***

## IDENTIFY ONE SEED

- **Identify one seed** that needs to grow.  
(See *Bad Seeds/Good Seeds* panel at right)

Suggestions:

- ◆ **Identify a “Bad Seed”** to overcome. If you see a “Bad Seed” that’s in your life, select the related “Good Seed.”
  - ◆ **Identify a need to fill.** Find a need you’d like to help fill, select the related seed.
  - ◆ **Ask someone (only for the brave).** Ask a person close to you to identify a seed you should study. *Thank that person, graciously.*
- **Print name of selected seed in the box** at top of panel at far right.

This panel shows “Bad Seeds” with corresponding “Good Seeds.” Under each “Good Seed” is a working definition and also, in *italics*, the need that the seed helps fill.

### Bad Seeds

disrespect  
rudeness

discouragement  
negativity

inattentiveness  
insensitivity

ingratitude  
unappreciativeness

distrust  
suspicion

dishonesty  
infidelity

disorder  
confusion

self-centeredness  
uncaring spirit

uncooperativeness  
discord

hopelessness  
pessimism

baseness  
profanity

unforgiveness  
resentment

### Good Seeds

#### RESPECT

REGARD, ESTEEM, HONOR  
*significance*

#### ENCOURAGEMENT

INSPIRING WITH COURAGE  
*courage to press on*

#### LISTENING

STRIVING TO HEAR; HEEDING  
*attention*

#### APPRECIATION

GRATEFUL RECOGNITION OF VALUE  
*to be valued*

#### TRUST

CONFIDENCE IN ANOTHER  
*security*

#### INTEGRITY

MORAL STRENGTH & WHOLENESS  
*authenticity*

#### ORDER

STRUCTURE, PRIORITIES, GUIDELINES  
*structure*

#### NURTURE

CARE & FEEDING, LOVING SUPPORT  
*to be loved*

#### SYNERGY

COOPERATION, TEAMWORK  
*to work together*

#### HOPE

POSITIVE EXPECTATIONS  
*motivation to go on*

#### IDEALS

VALUES AND MODELS OF EXCELLENCE  
*to focus on high things*

#### PARDON

FORGIVENESS AND RELEASE  
*forgiveness*

12<sup>+</sup>Seeds™

WHAT I NEED TO REMEMBER ABOUT THIS SEED:

WORKING DEFINITION

THE NEED THIS SEED HELPS FILL

*I will . . .*

- Complete the “Understand the Seed” section in panel at far left.
- Study the *TeamBuilder* pages about this seed.
- List several things I’ll do to plant and cultivate the seed in my thoughts, words and actions:

---



---



---



---



---



---



---



---

SIGNATURE

DATE

- Set up checkpoints at which I’ll check progress:

Date Comments

---



---



---

- (optional) I’ve asked a friend to help hold me accountable to these commitments.

Name of friend: \_\_\_\_\_

## UNDERSTAND THE SEED

- **Read the TeamBuilder section about the seed** that you selected; highlight the important points.
- **Fill in the “what I need to remember”** blanks at top of panel at far right.
- **Jot down answers to questions below:**
  1. Why is this seed important in my relationships at work?
  2. Why is it important in other relationships?
  3. Why do I, at times, fail to practice this seed?
  4. Who will benefit as this seed grows in my life?