12 Seeds™

Respect
Encouragement
Listening
Appreciation
Trust
Integrity
Order
Nurture
Synergy
Hope
Ideals
Pardon

TRANSFORMING RELATIONSHIPS

1. **Pray** for people and relationships. Pray for specific seeds that need to grow in your life.
2. **Meditate** on Scriptures that relate to each seed. Become more other-centered. Develop a loving, "*12 Seeds* attitude" toward others.
3. **Bless** others with good words (benedictions) of *Respect, Encouragement, Hope* & other seeds.
4. **Serve** others. Treat them with *Nurture, Integrity, Pardon* and the rest of the seeds.
5. **Meet** with others regularly to do all of the above. Practice all of the *12 Seeds* together in love.

For more ways to grow, visit: www.12seeds.org

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