

HOW TO CREATE AN ECOSYSTEM OF GROWTH

Think of your talents like a tree and **nurture them** so they can thrive.



1. USE GOOD SOIL

When flowers don't bloom, the gardeners do not try and fix the plant, they fix the soil. Make sure your talent is 'planted' in a place where it receives rich coaching, mentoring and tutoring opportunities.

2. WATER YOUR TALENTS

Ever heard the old cliché, "The grass is greener on the other side?" The truth is the grass is greener where you water it. Water your talents by practising, training, studying and rehearsing.

3. REMOVE THE WEEDS

If you want to create a thriving ecosystem, you need to spend time each day weeding the garden of your mind from negative influences, unconstructive habits and unhealthy behaviours.

4. PRUNE YOUR TREE

Pruning removes dead wood in the form of negative thoughts and habits, shapes the tree by aligning it with your values, and keeps it healthy by getting rid of resentment and jealousy.

5. APPRECIATE THE FERTILISER

A healthy amount of 'crap' allows a garden to grow. When life throws crap in your direction, use it to grow flowers. Don't just wallow in it and become a victim... you are not powerless. You have agency.

6. BE AWARE OF THE SEASON

If you can hold on during the winters that bite and are unproductive, you will find spring is just around the corner and everything will start to grow and flourish again.

7. FOCUS ON GROWTH

Trees grow in the three directions, up through the branches, down through the roots and out through the trunk. The problem with us is we desire to grow up in status, without growing down in character or out in wisdom. Keep growing in all three areas so when the pressure comes, you will also keep your composure.