

INSIGHTS & EXPERIENCES IN APPLYING THIS SEED:

12 horizontal lines for writing notes.

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

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

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!”**



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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.

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?

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

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

distrust
suspicion

CONFIDENCE IN ANOTHER
security

INTEGRITY

dishonesty
infidelity

MORAL STRENGTH & WHOLENESS
authenticity

ORDER

disorder
confusion

STRUCTURE, PRIORITIES, GUIDELINES
structure

NURTURE

self-centeredness
uncaring spirit

CARE & FEEDING, LOVING SUPPORT
to be loved

SYNERGY

uncooperativeness
discord

COOPERATION, TEAMWORK
to work together

HOPE

hopelessness
pessimism

POSITIVE EXPECTATIONS
motivation to go on

IDEALS

baseness
profanity

VALUES AND MODELS OF EXCELLENCE
to focus on high things

PARDON

unforgiveness
resentment

FORGIVENESS AND RELEASE
forgiveness

12 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: _____