



APPLICATIONS LIBRARY

Suggested ways to apply the 12 Seeds personally and with others

*NOTE: These suggestions are best used with the book,
12 Seeds for Successful Relationships, available at www.12seeds.org*

PERSONALLY

- Memorize the 12 Seeds acrostic – this will “prime” your thinking with the concepts and establish them in your mind.
- Memorize the brief working definitions for each seed.
- Memorize the verses attached to each seed.
TIP: start with the seeds or verses most meaningful to you.
- Meditate on one seed each day during your quiet time.
- Recite the Relationship acrostic once a day.

WITH YOUR FAMILY

- Recite what you have memorized.
- Challenge each family member to learn and memorize the 12 Seeds.
- Conduct a 12-week family training session on relationships – discuss one seed each week.
- Gently recite a definition or a verse at the appropriate time during the course of family life. For example: when someone has disrespected another person, that’s a good “teaching moment” opportunity to teach the meaning of the word “respect.” This will become more natural for you the more you prime your thinking with the seeds and memorize them. Also, the more you share the qualities with others, the more the qualities will become part of your own life.
- Seek to live out the 12 qualities – “practice what you preach.” This is Integrity (one of the seeds) in action. Remember: “People may doubt what you say, but they will always believe what you do.”
- Catch others living out the qualities – affirm them.
- Discuss ways to add the quality to the household.
TIP: write the ideas on the back of the respective cards.
- Quiz family members on the seeds; offer rewards for knowing the qualities and their definitions.
- Challenge: catch each other exhibiting the qualities – affirm, maybe even note the date and time on the back of a card to share at next family get-together.

IN YOUR SMALL GROUP, STAFF OR TEAM MEETINGS

- Conduct a 12-week discussion on relationships – discuss one seed each week.
- Dedicate 5 or 10 minutes of regularly scheduled meetings to focus on a Seed. Tip: for monthly meetings, focus on the “Seed of the Month.” For example: In January focus on Respect, in February focus on Encouragement, and so on.