Grow your own dreams by planting a seed with intention!

**MATERIALS NEEDED**

- Seeds of your choice (Beans, tomatoes, herbs and/or flowers)
- Potting soil
- A pot or container
- Water
- Acrylic paint
- Brushes
- Mod Podge
- **Optional: Paint pens**

**STEP BY STEP INSTRUCTIONS - PART 1**

1. Purchase seeds suited to summer conditions
   a. Read back of packet for planting instructions
2. Gather your pot/container, soil, seeds and a cup of water
3. Decorate your pot before planting
   a. Allow a coat of Mod Podge to dry before decorating pot
   b. Write a goal or dream you have for yourself or for the world by using paint pen or brushes
   c. Once decorated, allow the pot to dry before painting another coat of Mod Podge to seal
Consider how working towards a goal is like planting a seed that grows little by little every day.

For your goal, hope or dream that you wrote on your pot - what is something you can do everyday or every week to work towards this goal?

What are other tasks that you do everyday that add up to big successes over time? (E.g. learning a math problem everyday, reading a chapter from a book, practicing piano, etc.)

Questions to ask yourself when planting:

What is a goal, hope or dream I have for the future?

What is a change I would like to see in the world?

1. Plant your seed according to instructions and give a good soaking of water
   a. Some seeds require more shallow or deeper planting

2. Water your plant everyday while it is still sprouting - you want the soil to remain moist

3. Watch as your seed sprouts over time!
   a. It can take over a week for it to emerge - be patient!
   b. We can’t rush our dreams, but we can keep tending to them until they sprout.

Step by Step Instructions - Part 2

- Consider how working towards a goal is like planting a seed that grows little by little every day.
- For your goal, hope or dream that you wrote on your pot - what is something you can do everyday or every week to work towards this goal?
- What are other tasks that you do everyday that add up to big successes over time? (E.g. learning a math problem everyday, reading a chapter from a book, practicing piano, etc.)