



Coach Jane

How Does Your Garden Grow?

Your life can be compared to the garden in your backyard. If you have a green thumb this can be a good thing. For the rest of you, don't despair you too can flourish as the gardener in your garden called life.

Many of us believe it all started with Adam and Eve in the Garden of Eden. Is your life like a Garden of Eden? What are you growing? Everything that we think, every thought that we create can be the seed of a great idea. What if you are planting seeds and nourishing them by the thoughts you keep?

Are you growing:

- Peace of mind or stress
- Love or fear
- Happiness or anxiety
- Health or sickness
- Kindness or winning at all costs
- Joy & beauty or jealousy
- Creativity or negativity
- Possibilities or doubts

How many of us continue to plant weeds? If your thoughts are the seeds in your garden, what kind of seeds are you planting?

Your garden of life can be divided into the following sections:

- Money
- Career
- Friends/family
- Personal Growth
- Fun/Recreation
- Physical Environment
- Romance/Significant Other
- Health

Are you spending all or your time in one area of your life? Is your garden full of work with no space for fun? Is it time to improve your health and start exercising? Do you have a relationship that needs attention? If there are sections in your garden that are not growing well, seek out some support and plant those seeds. You can change your life, it is a decision away.

We have all heard the expression, there is a time for every season. Your garden of life follows the seasons. In the spring of our lives, we have the optimism of youth and believe that anything is possible and plant our seeds. At this time we may choose our career path, education or trade, our life partner, or discover and develop our talents and personalities.

Before we know it summer arrives. Summer is the busy time in your garden of life. Those seeds have been planted and we begin to see what we are growing. You may find it challenging to keep up to all the plants, to find time to fertilize and water, let alone keep up with the weeds. We know at this time busy as we are, if we can focus on the priorities, all will be well and we will have a good harvest.

Fall is the time when we begin to reap what we have sewn, harvest time. What will you harvest? As we know after the cool days of fall comes the blanket of winter. In the winter of your life it may be time for you to help others plan their garden, watch your grandchildren as they begin their garden of eden, or reap the reward of respect from your peers for your contribution in your business or in your community.

Winter as any good gardener will tell you, is the time to dream and plan for spring. Gardens grow when the time is right. There will be storms, it may hail or snow but sooner or later the sun will shine. Believe all is possible and it is!

Every morning when you get up reflect on your garden of life, pull the weeds and nurture and feed those precious seedlings that give us this gift called life!
You too can have an awesome life.

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