



The Seed Audit Worksheet

A mid-year reset is not a fresh start. It is a seed audit.

Give yourself about **30 minutes** and this one page. Look at everything you planted this year, keep the few that are sprouting, cut the one draining you, and move your energy to the lane showing real growth.

Sprouting

Getting real traction or real energy from you.

Give it first pick of your time.

Slow

Alive but early, and you still want it.

Keep it, on a "later," not a "never."

Draining

Takes your time and gives you dread, no pull toward it.

Cut or pause one this week.

1 DUMP EVERY SEED, THEN TAG EACH ONE

EVERY PROJECT, SIDE HUSTLE, HABIT, AND LANE	SPROUTING	SLOW	DRAINING
1	☐	☐	☐
2	☐	☐	☐
3	☐	☐	☐
4	☐	☐	☐
5	☐	☐	☐
6	☐	☐	☐
7	☐	☐	☐
8	☐	☐	☐
9	☐	☐	☐
10	☐	☐	☐

2. Cut or pause one draining seed this week:

3. Name your lane (the one or two sprouting seeds that get first pick):

4. One non-work thing back on the calendar:

This week's reset

- ☐ Do the 30-minute seed audit and tag every lane: sprouting, slow, or draining.
- ☐ Cut or pause one draining seed before Sunday.
- ☐ Schedule one non-work thing you keep skipping. Calm counts as a seed too.

You do not need to blow up your life. You need to give your best few seeds enough light.

Seeding Serendipity
GROW YOUR OWN LUCK