



# SPROUT

**Each of us is a clear, clean and beautifully fertile soil...**

I am the one who chooses quality and variety of seeds to plant.

Anything I choose to plant will grow and thrive inside me.

I want to be able to select, nurture and deliver only the best crops.

Weeds don't require special care and grow in abundance anywhere.



**But...**

I don't want to allow weeds grow inside me!

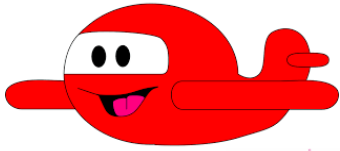
Weeds will turn me into useless and infertile soil so fast!

I care a lot! I want the best for myself and for the others!

I want to feel great and enjoy creations of my beautiful soul!

I want to exist through the most beautiful blossoms and fruits!

**My life is in my hands to care and to be responsible for it 100%**



# MY GIFT OF LIFE IS THE BEST



What am I grateful for today?



What makes me absolutely happy?



How do I want to experience my life?



What are the causes of my sufferings?  
Is it my fault?



What skill do I want to learn tomorrow?



What do I have to do to better myself every day?





# Perspective

## Lesson No.1



### 1. What I see is not what it really is.

I **choose** to see reality in accordance to “influential seeds”:

- a) My social, cultural and other views.
- b) My emotions and feelings.

**Exercise:** Observe and learn to examine your thinking independently.

Find 3-8 daily judgments when you are using one or few “influential seeds”.  
Throw a rock into jar dedicated to one of “influential seed”.



### 2. My feelings and my emotions are just a small part of me. It is not the whole me.

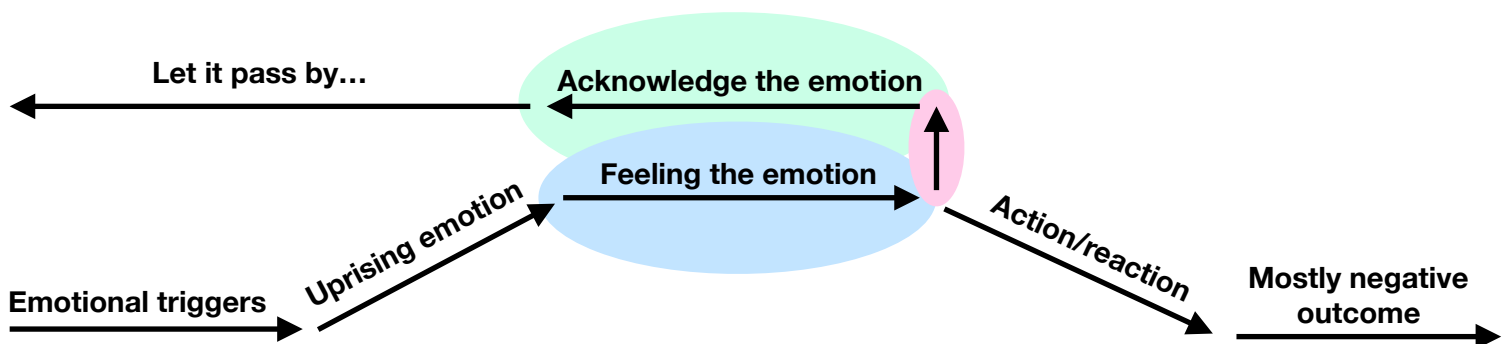
My true nature - joyfulness and love for everything and everyone around me without any of my useless judgments.

I choose to accept myself and others for what they are and not for what I want them or it to be.

By learning to control my emotions I'll bring joy, gratefulness and unconditional happiness to my life. I will learn to appreciate every moment and I will live in NOW.

**Exercise:** Observe and learn to examine your uprising emotions.

Meet it half a way. Change it from the action/reaction into acknowledgment and accept it. Then, just let it pass by without acting/reacting on it.





# Lesson No. 2



## 1. I can change my bad habits - “weeds” into good habits - “fruitful seeds”.

Everyone has it both - good and bad habits.

Bad habits grow on me faster, easier and in much more abundance - like “weeds”. I need to find a powerful pesticide to delete my useless habits and transform it into “fruitful seeds”.

I will create wonderful new habits and ritually incorporate it in my daily routine.

**Exercise:** List all your useless habits on the big sheet of paper.



Design a masterplan. List the steps how you are going to get rid of it.

Document daily progress and scratch “weeds” of your initial list.

Make a list of your new good habits.

Example:

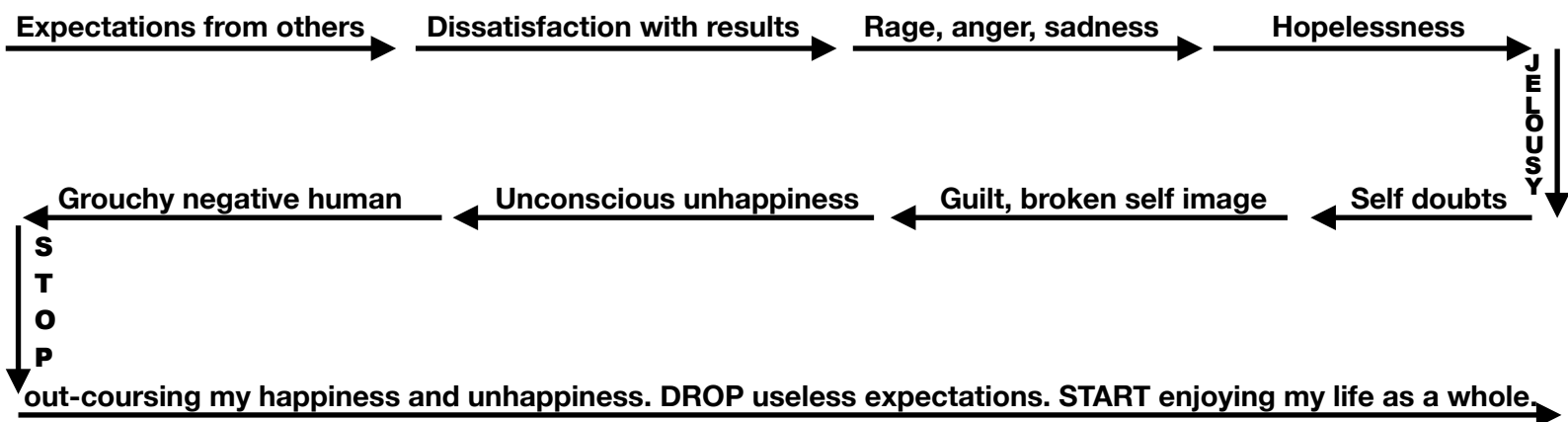
<p>My bad habits:</p> <ol style="list-style-type: none"> <li>1. Lazy to work hard.</li> <li>2. Don't like to study.</li> <li>3. Forget to clean my hands before meal and after using toilet.</li> <li>4. Don't like to do chores.</li> <li>5. Don't wash dishes.</li> <li>6. Argue with others.</li> <li>7. Have a lot of useless expectations.</li> </ol>	<p>Progress:</p> <p>Date:.....</p> <p>Bad habit:.....</p> <p>Good habit:.....</p> <p>Actions to transform bad habit into good habit:</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>My bad habits:</p> <ol style="list-style-type: none"> <li>1. <del>Lazy to work hard.</del></li> <li>2. <del>Don't like to study.</del></li> <li>3. <del>Forget to clean my hands before meal and after using toilet.</del></li> <li>4. <del>Don't like to do chores.</del></li> <li>5. <del>Don't wash dishes.</del></li> <li>6. <del>Argue with others.</del></li> <li>7. <del>Have a lot of expectations.</del></li> </ol>	<p>My good habits:</p> <ol style="list-style-type: none"> <li>1. Love to work hard.</li> <li>2. Love to study.</li> <li>3. Clean my hands before meal and after using toilet.</li> <li>4. Do necessary chores.</li> <li>5. Wash dishes.</li> <li>6. Don't argue with others.</li> <li>7. Don't have useless expectations.</li> </ol>
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## 2. My expectations from others are very harmful pests!

I have to learn that to try to change others is useless process which consumes a lot of my time and emotional power.

Instead of having expectations from others I need to work hard to show an example and a positive change. Firstly I need to become that change I want to see in others.

My task is to show better ways and it's their choice to learn and apply it to their lives.





# Humility

## Lesson No. 3



### 1. I see myself as “sweetest fruit”, but often I act as toughest “overgrown weed”!

I have so much pride in my thoughts, talks, judgments, actions, etc.  
 Very often I value myself higher than others.  
 Living this way cannot bring me unconditional joy, inner peace and happiness.  
 I need to see myself equal to all others, but always do my best to reach my dreams.  
 I have to cherish and respect myself. I have to practice self-compassion daily.  
 I need to respect others same way as I do respect myself.  
 I need to learn to speak less and listen more without interruption.  
 I need to acknowledge, value and genuinely be happy for accomplishments of others without an urge to top it up and show off my superiority. I need to be wise.  
 I need to learn not to take myself too seriously!  
 A funny joke about my shortcomings is the best fertilizer to grow my humility.

**Exercise:** Observe and learn to examine your thoughts and actions.



Throw a rock into a jar dedicated to birthplace of your thought or/and action.  
 Who is a winner: your pride aka EGO or your humbleness aka selflessness?



### 2. Life is a precious GIFT. I am here to enjoy it and not to turn it into a misery.

I am one of many other happy bees who hops from flower to flower to pick the sweetest nectar and to bring it home to help others to build and enjoy experience of greatness to be alive.

**Exercise:** Make a journal. Every evening write down 5 things you are grateful for that day.  
 Do it every single day and you'll see your life will start being so much brighter!



# Compassion & Generosity

## Lesson No. 4

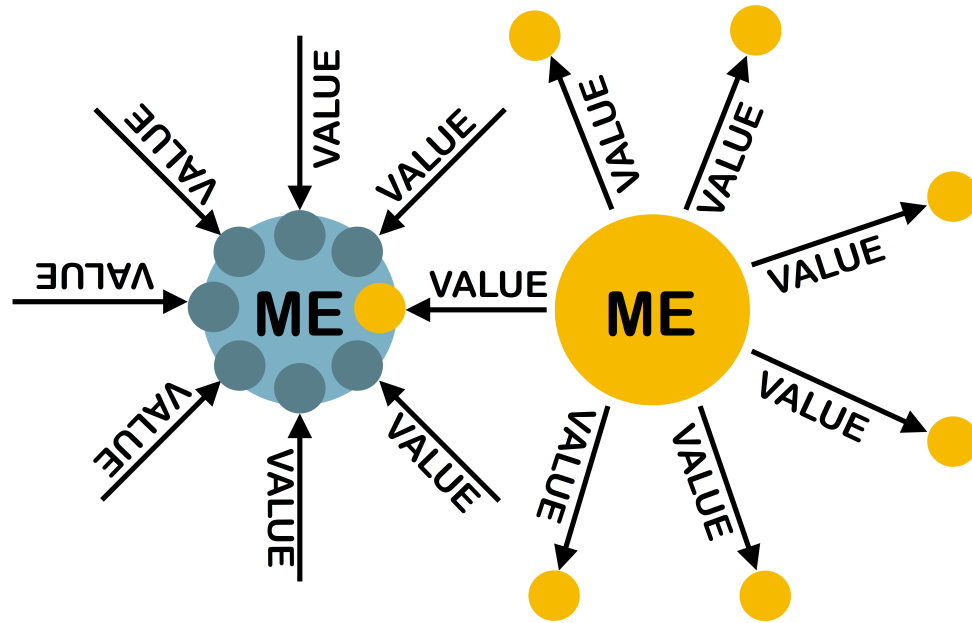
### 1. I can decide to be a better person every single day.

The purpose of life is to live with an open heart and to feel great.

I feel the most accomplished when I'm creating a value for other people, animals and the mother nature.

Every time I see someone is less fortunate than me I'm finding ways to be helpful without expectation and hope to get something in return.

Just like a tree giving the sweetest fruits. It still be giving, whether someone will take it or not.



**Exercise:** Form teams (or do it individually) and create projects to help others. Use your whole warm heart and humbleness.

Realize the truth: there is a beginning, but never an end to add value to others.

Daily make a choice to decide to find ways to be helpful and to add value.

Start your day with a smile and words of kindness.

Your positive example will teach others to improve themselves too.

This is the fastest way to fulfill your life and make yourself absolutely happy.





## Lesson No. 5



### 1. The most important principal to live a happy life: giving = receiving more.

My ability and willingness to share with others makes my existence to bloom brightest and produce the most beautiful aromas - goodness of my mind, heart and soul.

I will always have something to share with others: my physical strength, my kindness, my cheerfulness, my knowledge, my wisdom and my time.

Understanding the importance and beauty of giving is changing my perspective.

I no longer see others as my rivals. They are exactly the same as I am.

They breath, eat and want to live a good life just like me!

We all are more similar than we are different.

Giving and sharing with others is the golden key to my success and abundance.



**Exercise:** Every week use your spare time to make 5 paper flowers/stars/hearts/planes.



Write something joyful, positive and uplifting on it.

Find people who seem less content with their day.

Make a choice to brighten their day by giving them your hand made gift.

Even if they won't show the appreciation you've expected to receive (don't expect anything, please!) still know your excellent example of GOODNESS warmed their heart. GOODNESS is contagious too!:)





## A choice of Good vs Bad



### Lesson No. 6



#### 1. It's my choice to do good or bad. It's my responsibility to make a right choice.

It is easier and sometimes even simpler and faster to do something negative - bad. I will become anxious and dissatisfied if “weeds” of negativity will occupy my soul. Hmmmm... so why do I allow it to spread it and thrive in the first place? Am I so weak to allow my fears to win over my true nature - GOODNESS? Is my lower self - ego so fragile? It pushes me to belittle myself and others... I want to be a positive HERO of my life and choose to help and uplift myself and others every day of my existence!



**Exercise:** Before reacting with negativity and pride STOP and make 2 deep, slow and long breaths.



Tell yourself: I'm fine. Everything is okay. No need to react using anger and fear. I choose to use love, compassion and peace inside. Smile and let it go of whatever bothered you in this situation. JUST LET IT GO... 2 more slow deep breaths and smile again. Forgive and forget negatives!

#### 2. I'm determined to grow only the most amazing flowers and sweetest fruits in me!

If I think, talk and do positive cheerful things I'll become a better version of myself. I want to help and contribute to create more smiles and happy tears. I don't want to create suffering and sad tears in me or anyone else!

**Exercise:** Every single day make at least 3 people smile and maybe even laugh!



Don't forget the simple words like: thank you very much; please; you're welcome. If you'll see someone suffering and having sad tears simply tell them that everything will be all right. Ease their pain by showing that you genuinely care. Take your time to listen to their story and use your positive attitude to cheer them up. Tell them that you care and love them!





## A journey from boy to MAN



### Lesson No. 7



Each boy in the world has a desire one day to become a man.

Not just any man, but the best of the best - THE MAN.

Unfortunately, statistic shows that majority of male adults do not act and are not a favorable example of the real man.

I know it is never too late to learn and grow to become a better ME.

I'm capable to discipline myself into a prime example of true masculinity and a role model in my community and beyond.

To start my journey firstly I have to STOP separating myself from others, especially the girls in my family, school and community.

I have to understand that being a man also means being a protector against inequality and oppression.

I am deeply aware that my wonderful Mom - a woman who suffered and experienced huge pains to bring me into this world, once was just a little girl too.

I wonder how was she treated by the boys of her age? What effect it had on her?

I'm so so THANKFUL to my Mom for bringing me here - to experience my life!

I am ready to control my temper and do not belittle others (especially girls!).

One day those girls will become a mothers to baby boys and baby girls.

One day, I will become a father of a baby boy or baby girl.

I don't want to mistreat future Moms! My heart is full of gratitude and respect for them.

I am a trustworthy friend they can rely on during good moments the times of adversity.

I believe all girls and all boys are the same - smart and caring.

My world starts from the amount of goodness in my thoughts and in my heart.

I'll act responsibly and provide no pain and suffering to others. I'll be first to help instead.

It feels FANTASTIC and EMPOWERING to form equal partnership and relationship with both - girls and boys!

This way I'm perceived as a progressive likable person. It feels right and peaceful.

I no longer need to find reasons to be angry.

I'm joyful and treating all people the same - with respect and gratitude.

I'm turning into a man - THE MAN.

**Exercise:** At home, school or community find up to three girls/women who are mistreated by others.



Form a friendly relationship and become a friend they can rely on.

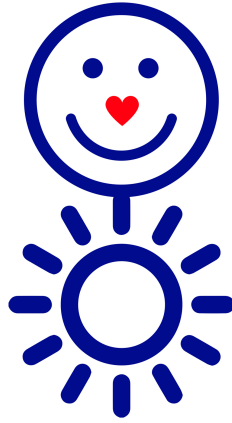
Ask to learn reasons and their point of view of the root cause of their misfortunate situation and mistreatment.

Be very careful, delicate and dedicated listener.

Using kindness be ready to stand up as their protector, adviser and a friend.

# I can be my best friend or my greatest enemy

## I choose to be a gentleman



I am absolutely trustworthy.  
I keep secret and don't betray girls/women. I'm honest above self.

I cannot change or blame others. I can only make many people feel happy & appreciated every single day.

Being right doesn't excuse my poor behavior. I behave kindly even in most challenging situations.

I offer my help to woman or elderly person if I notice their struggle with anything. I behave like a REAL MAN.

I don't promise more than I can deliver. I give my best, work hard and deliver what I can.

I respect my Mother.

I am not afraid to apologize immediately if I did a mistake and/or was wrong. I'm stronger than my selfishness.

I don't escape the responsibility to help and service others whenever I can. I am a true leader.

- Peace
- Silence
- Humility
- Honesty
- Respect
- Enthusiasm
- Vulnerability
- Compassion
- Friendship
- Harmony
- Kindness
- Freedom
- Love

Become a better version of **YOURSELF**



## A journey from girl to WOMAN



### Lesson No. 7



I'm just a little girl now, but I'm capable bringing warmth, light and peace to people around me NOW.

My calmness and a smile makes me to enjoy the life to the fullest.

How can I love, believe and be compassionate to others and myself even more?

Do I recognize that I am the only person who is responsible how to live my life?

It's me who has a power to decide! I'm a sunshine and the bigger cheer leader of me!

I accept my present experience with love and kindness, but if I want to improve it I need to change my attitude.

I need to stop expecting a change from others. I cannot change them.

I can only change me and HOW I view others!

Understanding this truth empowers me to be positive and have an inner peace.

Everything starts from my own outlook to life. What can I give? NOW.

One day maybe I'll be a mother.

If/when it will happen I will take 100% of responsibility for the blessing.

To bring a child to this world is HUGE responsibility and it will consume most of my time for many many years...

I will be my child's first educator and a leader he/she will follow.

One day my precious child - a fruit of my love, care and commitment - will make this world the better place to live.

My leadership and positive teachings will give a wonderful opportunity to him/her.

My child will grow up surrounded by my love, kindness, peace and harmonic balance.

But till that time comes I need to educate myself and prepare financially for such a gift.

First I need to make sure to have enough savings to support myself for a long time.

I need to find my dreams and study a lot to realize it to the fullest potential.

I really need to learn how to be a well rounded, positive and strong person.

**Exercise:** Start to write a diary with all good and all bad in it. Write every little detail of your daily life. Be very specific! You know that emotional judgment is useless unless it produces significant results. No need to judge others. Instead concentrate how you can be forgiving and kinder more and more every day.



**Exercise:** Take a clean piece of paper to write each negative story you'll encounter. After done writing, tear it up in a small pieces; dig a hole in the ground and put it there. Cover it with the dirt. That's it! Your negative story disappeared! Take a couple deep breaths and... smile! Smile to yourself; smile to the world around you. Life is beautiful. You are beautiful! You are here to enjoy YOUR LIFE. Only you can make a difference. Only YOU...



# I can be my best friend or my greatest enemy

## I choose to be a lady



I am absolutely grateful for the little things in my life.

I smile even when no one smiles back.  
I freely share my smile with others.

I share Goodness and Selflessness with everyone.

I make many people feel happy & appreciated every single day.

I live a peaceful life full of joy & happiness.  
I am a good human.

I observe & love nature.  
I dream, create & work hard.

I love to love.  
It is so BEAUTIFUL to focus on positive things.

I am a kind leader to everyone & everything.

Peace

Silence

Humility

Honesty

Respect

Enthusiasm

Vulnerability

Compassion

Friendship

Harmony

Kindness

Freedom

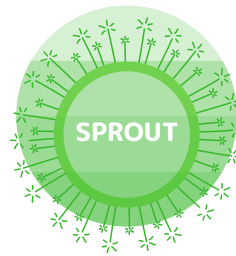
Love

Become a better version of **YOURSELF**

# Blossomwood Foundation

— Est. 2014 —

[www.BlossomwoodFoundation.org](http://www.BlossomwoodFoundation.org)



## Positive Educational Program To Empower Educators Around The World

### Definition of education in Wikipedia

**Education** is the process of facilitating learning, or the acquisition of knowledge, skills, values, beliefs, and habits.

Educational methods include storytelling, discussion, teaching, training, and directed research.

Education frequently takes place under the guidance of educators, but learners may also educate themselves.

Education can take place in formal or informal settings and any experience that has a formative effect on the way one thinks, feels, or acts may be considered educational.

The methodology of teaching is called pedagogy.

### Definition of teacher in Wikipedia

A **teacher** (also called a **school teacher** or, in some contexts, an **educator**) is a person who helps others to acquire knowledge, competences and values.

### Definition of teacher in SPROUT

A **teacher** is a non-judgmental positive person who helps others to acquire knowledge, competence and values.

A **teacher** is a community HERO who lives a life above self.



