

To turn the page of a new year, we must decide to behave differently.

Behaving differently requires intentions, plans and practice.

This worksheet is designed to be a tool to process our intentions, develop a plan & put it into practice.

Nurture the Soil, Enrich the Soul

The nature of soil is a good metaphor for how we should nurture our souls. Dr. V. referenced the **Dust Bowl**, also known as **The Dirty Thirties** as an example of what happens to soil that is not nurtured.

The Dirty Thirties: A period of severe dust storms causing major ecological and agricultural damage to American and Canadian prairie lands in the 1930s. Excessive plowing, lack of crop rotation and poor farming methods stripped the soil, leaving it too light-weighted to retain moisture and hold seeds.



Without natural anchors to keep the soil in place, it dried, turned to dust, and blew away with the prevailing winds, causing “Black Blizzards.”

The chemical compound of human flesh is identical to that of soil. We can intentionally cultivate the soil of our souls if we look to the history and nature of soil to guide us.



Complete & Respond to the Following:

1. Stop Stripping The Soil: Stop Talking

Dawn is 7:17am. What days will I prepare to experience silence at dawn this week? Set an alarm & a reminder in a smartphone, calendar, etc.

2. Start Nurturing the Soul's Soil: Start Listening

In what relationships and circumstances should I stop talking and listen? Make a list.

3. Prevent the Black Blizzard: Listen to Understand, Not To Prove What I Know

What is the personal history of those involved?

What is the backstory of the circumstance?

How does understanding these truths change my perspective?

What will I do differently to as a result of my changed perspective?