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# Welcome

∇  
GIVE EVERY  
DAY THE  
CHANCE TO  
BECOME THE  
MOST  
BEAUTIFUL  
OF YOUR  
LIFE.

MARK TWAIN

A movie poster for the film 'Anne of Green Gables: I Just Want You'. The background is a blue and white checkered pattern. The central image shows a young boy and a young man standing in a field of yellow flowers. The boy is on the left, wearing a white shirt and suspenders, looking towards the man. The man is on the right, wearing a light-colored suit and a dark tie, looking upwards. The title 'ANNE of GREEN GABLES' is written in green, with 'of' in a smaller, cursive font. Below the title, the subtitle 'I Just Want You' is written in a smaller green font.

ANNE  
*of*  
GREEN  
GABLES

I Just Want You

It's not what the world holds for you,  
it's what you bring to it.

L.M. Montgomery

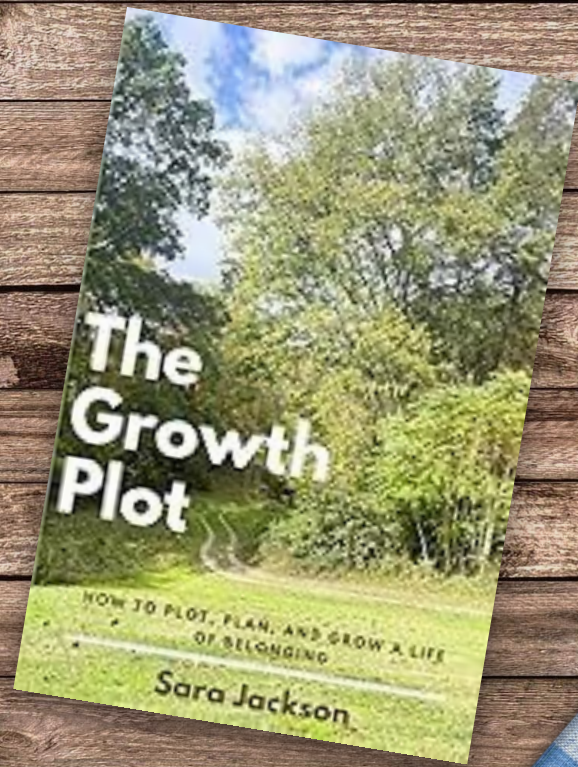
I stopped asking:  
What job can I get?

I started asking:  
What life am I trying to grow now?

*Belonging*



An Audio Journal  
for Personal Growth  
and  
Belonging





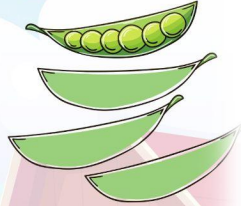
# MY GROWTH PLOT

\_\_\_\_\_ YEAR

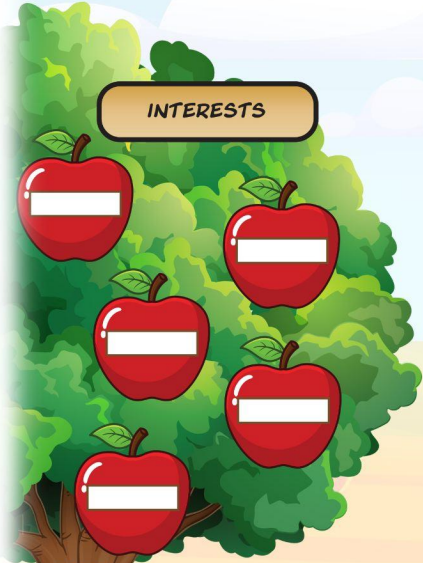
## HOW I SHINE MY STRENGTHS



## SEED PODS



## INTERESTS



## BUCKETS



## MY HARVEST



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**CORE ROLES**  
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## DEEP ROOTED VALUES

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_____	_____

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# The color test

**Where am I spending my time?  
Complete an audit.**

## FOUR WEEK NOW

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
midnight							
1am							
2am							
3am							
4am							
5am							
6am							
7am							
8am							
9am							
10am							
11am							
noon							
1pm							
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4pm							
5pm							
6pm							
7pm							
8pm							
9pm							
10pm							
11pm							

- Physical: Working out & Meals
- Mental: Meditation/Prayer
- Home: Cleaning/Organization
- Family: Time together
- Friends/Community
- Hobbies
- Work
- Finances
- Other - Netflix/Phone scrolling

One color for each - the current state



# Cultivating vs Managing



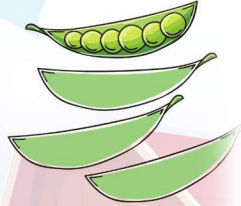
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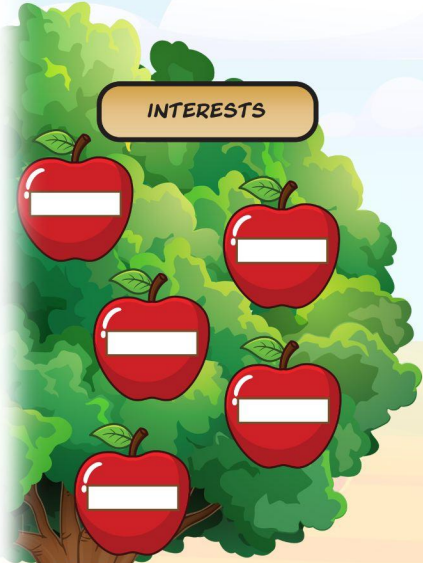
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**CORE ROLES**  
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<p><b>PERSONAL VALUES</b>  <b>Card Sort</b>  W.R. Miller, J. C'de Baca, D.B. Matthews, P.L. Wilbourne  University of New Mexico, 2001</p>	<p><b>IMPORTANT TO ME</b></p>
<p><b>VERY IMPORTANT TO ME</b></p>	<p><b>NOT IMPORTANT TO ME</b></p>
<p><b>ACCEPTANCE</b>  to be accepted as I am</p> <p>1 <span style="float: right;">901</span></p>	<p><b>ACCURACY</b>  to be accurate in my opinions and beliefs</p> <p>2 <span style="float: right;">901</span></p>
<p><b>ACHIEVEMENT</b>  to have important accomplishments</p> <p>3 <span style="float: right;">901</span></p>	<p><b>ADVENTURE</b>  to have new and exciting experiences</p> <p>4 <span style="float: right;">901</span></p>
<p><b>ATTRACTIVENESS</b>  to be physically attractive</p> <p>5 <span style="float: right;">901</span></p>	<p><b>AUTHORITY</b>  to be in charge of and responsible for others</p> <p>6 <span style="float: right;">901</span></p>

<p><b>AUTONOMY</b>  to be self-determined and independent</p> <p>7 <span style="float: right;">901</span></p>	<p><b>BEAUTY</b>  to appreciate beauty around me</p> <p>8 <span style="float: right;">901</span></p>
<p><b>CARING</b>  to take care of others</p> <p>9 <span style="float: right;">901</span></p>	<p><b>CHALLENGE</b>  to take on difficult tasks and problems</p> <p>10 <span style="float: right;">901</span></p>
<p><b>CHANGE</b>  to have a life full of change and variety</p> <p>11 <span style="float: right;">901</span></p>	<p><b>COMFORT</b>  to have a pleasant and comfortable life</p> <p>12 <span style="float: right;">901</span></p>
<p><b>COMMITMENT</b>  to make enduring, meaningful commitments</p> <p>13 <span style="float: right;">901</span></p>	<p><b>COMPASSION</b>  to feel and act on concern for others</p> <p>14 <span style="float: right;">901</span></p>
<p><b>CONTRIBUTION</b>  to make a lasting contribution in the world</p> <p>15 <span style="float: right;">901</span></p>	<p><b>COOPERATION</b>  to work collaboratively with others</p> <p>16 <span style="float: right;">901</span></p>

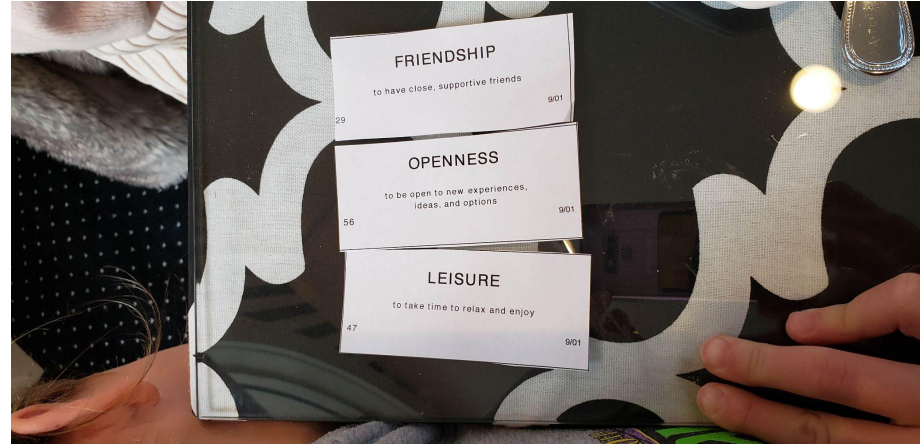
<p><b>COURTESY</b>  to be considerate and polite toward others</p> <p>17 <span style="float: right;">901</span></p>	<p><b>CREATIVITY</b>  to have new and original ideas</p> <p>18 <span style="float: right;">901</span></p>
<p><b>DEPENDABILITY</b>  to be reliable and trustworthy</p> <p>19 <span style="float: right;">901</span></p>	<p><b>DUTY</b>  to carry out my duties and obligations</p> <p>20 <span style="float: right;">901</span></p>
<p><b>ECOLOGY</b>  to live in harmony with the environment</p> <p>21 <span style="float: right;">901</span></p>	<p><b>EXCITEMENT</b>  to have a life full of thrills and stimulation</p> <p>22 <span style="float: right;">901</span></p>
<p><b>FAITHFULNESS</b>  to be loyal and true in relationships</p> <p>23 <span style="float: right;">901</span></p>	<p><b>FAME</b>  to be known and recognized</p> <p>24 <span style="float: right;">901</span></p>
<p><b>FAMILY</b>  to have a happy, loving family</p> <p>25 <span style="float: right;">901</span></p>	<p><b>FITNESS</b>  to be physically fit and strong</p> <p>26 <span style="float: right;">901</span></p>

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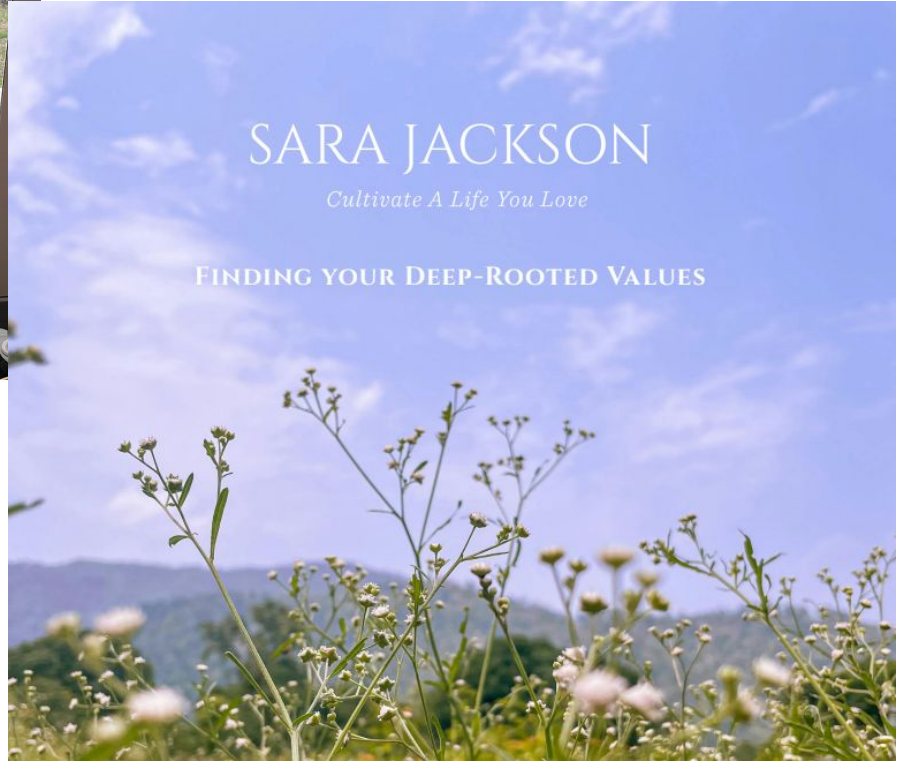
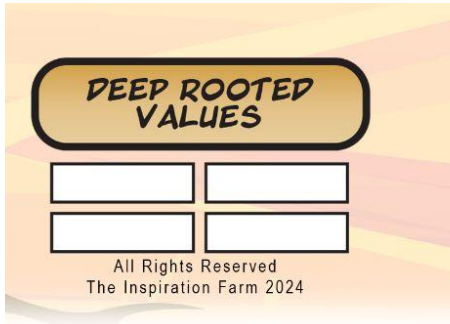




# Values - this becomes the filter

**Alignment and clarity**

[Values Cards Exercise | think2perform](#)



Post them where you can see them daily

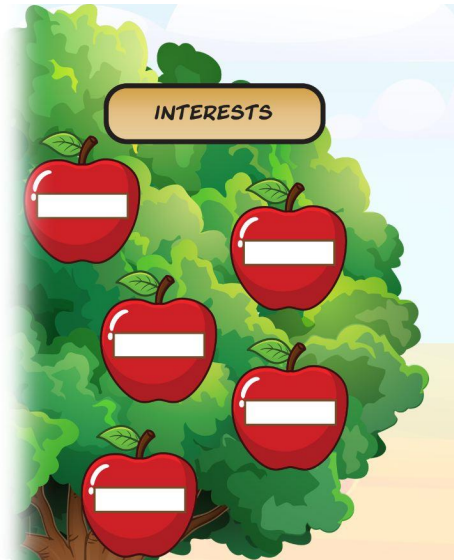


**WEEKLY COMPASS®**  
What is the most important thing  
I can do in this role this week?

Date: Week 10

ROLES AND BIG ROCKS®  
Sharpen the Saw®

Physical	Yoga 3x week
Social/Emotional	Dinner with Josh
Mental	Read professional journal
Spiritual	Spend time at river
Role: Spouse	
Big Rocks	Plan weekend getaway
Role: Team leader	
Big Rocks	* Hold team meeting about communication plan * Recognize team contribu



The Whisper

crystalknows.com







- Small trusted group
- Safe space
- No Debbie Downer
- Testing ground
- Immediate support



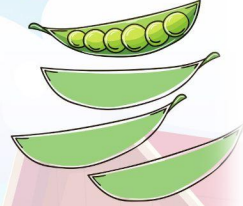
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\_\_\_\_\_ YEAR

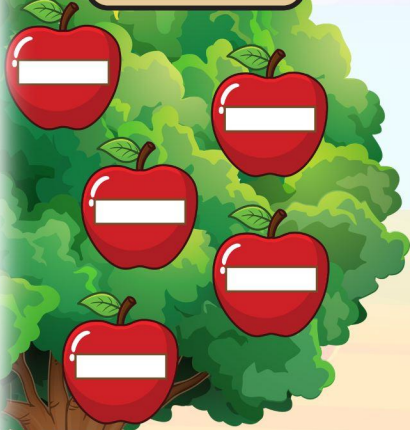
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## SEED PODS



## INTERESTS



## BUCKETS



## MY HARVEST



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**CORE ROLES**

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## DEEP ROOTED VALUES

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_____	_____

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- Energy shift
- North Star
- Identify side hustles or amplifiers or seed starters
- Evolve over time

Create something for someone, not everyone.

Let's take it to the next level.....

Warning

AI: You're not replacing effort. You are directing it intelligently.

AI is only as powerful as the clarity you give it.

From panic to alignment.

*Prompt*

I am in a career transition and want help identifying aligned job and income opportunities.

Here is information about me: or attach the photo of your filled in growth plot.

My strengths: [insert]

My interests: [insert]

My past roles/experience: [insert]

My skills: [insert]

What people come to me for: [insert]

My values: [insert]

The type of life I want to create (schedule, income, flexibility, purpose): [insert]

Based on this, generate:

1. 10 potential job roles that align with who I am
2. 5 alternative or non-traditional income streams I may not have considered
3. 5 companies or industries I should explore
4. Specific job titles or keywords I should search for on LinkedIn or job boards
5. A short positioning statement I can use to describe myself in networking conversations

Make the suggestions practical, realistic, and aligned with today's job market.

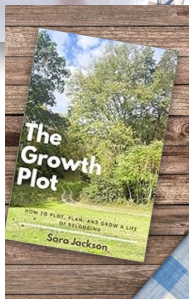
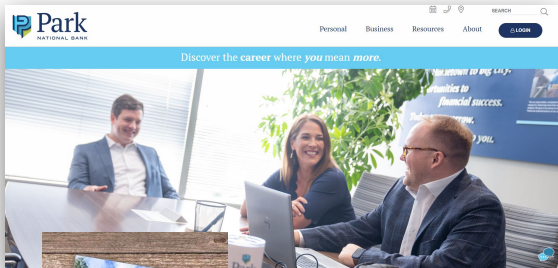


Based on the ideas you gave me, help me:

1. Identify the top 3 best-fit roles
2. Create a simple 30-day action plan to pursue them
3. Suggest networking strategies specific to these roles
4. Recommend any quick skills I could learn to increase my chances



# My 3 streams



Corporate role (income + stability)  
Singo / events (joy + community + cash)  
Speaking / book / workshops (purpose + scale)



One more note on panic....to alignment.

Let's talk Singo...



**BAR ROOMS**  
· TO ·  
**BOARDROOMS**

# SARA JACKSON

*Cultivate A Life You Love*

[Home](#) [Podcast](#) [Experiences](#) [Recipes for Belonging](#) [Guest Speaking](#) [About](#)



Welcome

We are all beautifully multidimensional—growing, giving, and glowing in different seasons. Through my book *The Growth Plot*, blog, soul-nourishing experiences, and dynamic speaking engagements, I help people embrace every facet of who they are and create space to thrive in life, leadership, and everything in between.

*So glad you're here, pull up a chair*



[Podcast](#)



[Experiences](#)



[Guest Speaking](#)



A close-up, low-angle shot of a man with dark, wavy hair, wearing a dark suit jacket and a white shirt. He is holding a silver, vintage-style microphone to his mouth and appears to be singing or speaking with intensity. His eyes are closed, and his facial expression is one of deep emotion. The background is dark and out of focus, showing bokeh lights from what might be a city at night or a stage setting. In the bottom left corner, the word "vevo" is written in a white, lowercase, sans-serif font.

vevo

# Contact info:

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