

4 Secrets to Make Your Ideas Blossom

I've created this guide to walk you through a simple exercise that includes **a story**, **self-guided reflection**, and **practical application** of the 4 secrets that I've discovered are essential to make your ideas blossom.

Many Blessings

~ Zoe



Once upon a time, this woman was a girl – a creative, playful, imaginative, lovely young lady. She loved to encourage her friends and share with them what she was discovering about the world. She sparkled, played, and giggled. She used her imagination relentlessly and had endless ideas about how to make her world a better place.

Think back to when you were a girl. How would you describe your girl-essence? Were you playful, funny, creative, compassionate, or bubbly?

What ideas did you have as girl?

Remembering yourself as a girl may be a bit difficult for some. I challenge you to consider the goodness of your girl-essence and ideas back then. No doubt, you were an awesome girl with brilliant ideas.

At some point, when the girl became a woman, life happened. Marriage. Career. Children. When that one, goose-bump worthy idea would come to her, she felt that she didn't have what she needed to make it bloom. So the woman buried it along with her girl-essence.

How do you respond when that one idea that gives you goose bumps comes to you? Check all that apply or write your own response in the last row.

| | |
|--------------------------|---|
| <input type="checkbox"/> | I ignore it and act like it never came to me in the first place. |
| <input type="checkbox"/> | I become skeptical and doubt that the idea is possible. |
| <input type="checkbox"/> | I start to work on it, but I never follow through with it. |
| <input type="checkbox"/> | I chip away at it and take baby steps to see it through. |
| <input type="checkbox"/> | |

SECRET #1: Do the inner work, whatever it may be.

Your response speaks to the type of inner-work needed to make your idea blossom. Maybe you need to stop doubting yourself, or denying yourself the freedom to create. Whatever inner work you may have to do, see to it. In the long run, you'll be glad that you did.

One day she had an “ah-ha” moment and decided it was time to explore the possibilities of making her idea blossom. She began to ask herself important questions that led her to uncover many possibilities.

Now it's your turn.

1. What would happen if I decided to let my idea blossom?

2. What do I get by not letting it blossom?

SECRET #2: Question yourself to uncover good stuff about your idea.

When you question yourself about the idea, you can begin to uncover the significance, and impact that it might have on you and others. Keep asking yourself questions throughout the process and you're likely to uncover more good stuff.

Being intentional about when her idea would blossom prompted the woman to take action. She chose a date six months out and listed all of the tasks that would help her achieve results by the deadline.

When are you going to make your idea blossom? Get your calendar out now and choose a date. List 5 tasks that would help you achieve results by the deadline you chose?

1.

2.

3.

4.

5.

SECRET #3: Map how to envision, plan, and prioritize your idea.

Intentionally scheduling a date for your idea to blossom, and relentlessly planning and organizing are probably the most important actions to take. There are no shortage of tools, resources, and techniques to help you MAP (envision, plan, and prioritize) your idea. The key is to find those that'll work best for you.

She knew she couldn't make it happen alone. There were a few key people in her circle who might be willing and able to help her. Each of them brought something different, but valuable to the table.

Name 5 people in your circle who can serve in the roles below. The "Other" role is for you to name your own.

Coach:

.....

Cheerleader:

.....

Partner:

.....

Devil's Advocate:

.....

Other:

.....

SECRET #4: Share your idea with a trusted circle.

Having an idea is great, but if you don't share it with others, you miss the opportunity to harness the benefits of community. Letting others in on your brilliant idea is essential to refining it. They can also hold you accountable so that you follow through. The point is, your idea won't bloom alone in your head. It needs the energy of your trusted circle.

She finally did it!

The woman who for years kept her idea buried inside, actually made it blossom! She felt her girl-essence returning and a sense of satisfaction budding deep within her soul.

When your idea blossoms, how do you think you will feel about yourself?

Watch your girl-essence bloom again and feelings toward yourself change. Honestly, the experience of finally accomplishing it is about break through change.

Girl, when the next brilliant idea comes to you, don't hesitate to make it blossom because now you know these four secrets:

Secret #1: Do the inner work, whatever it may be.

Secret #2: Keep questioning yourself to uncover good stuff about your idea.

Secret #3: Map how to envision, plan, prioritize the tasks associated with your idea.

Secret #4: Share your idea with a trusted circle.

Two final things I'd like you to do right now. Email me at zoe@gonegirlgo

1. That one idea you wrote about and the date that you chose to launch it. I'll put it on my calendar to follow-up with you.
2. Your feedback about your experience with this guide.

Here's to making our ideas blossom!