

***Planting Seeds of Hope
for Future Growth***



Mark Ostach

Who Likes To Plant Things?











Goals

- Plant new seeds for self care & healing
- Learn how to extend compassion to those around you
- Help better connect to those dealing with mental health challenges
- See how music can shape your mood and mindset
- Be in community and encourage one another!

Why Is Growth so Hard?





Dave
O'Connell

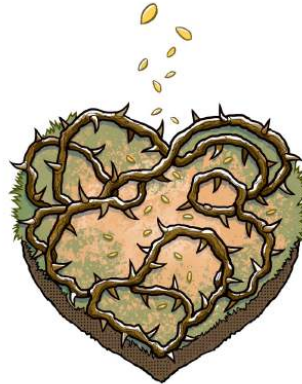


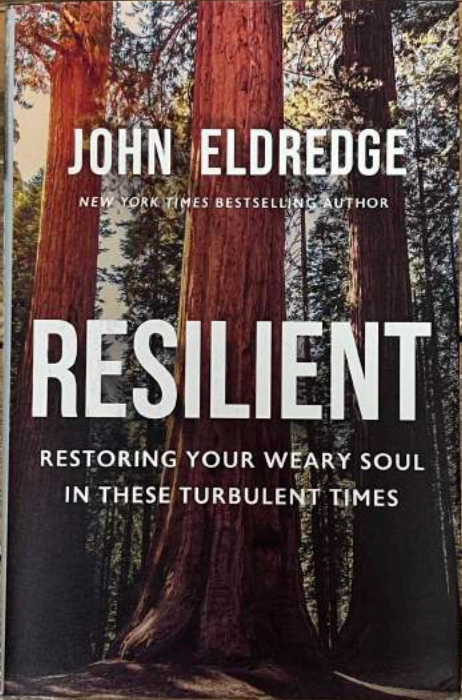






What is the state of your heart?





JOHN ELDREDGE

NEW YORK TIMES BESTSELLING AUTHOR

RESILIENT

RESTORING YOUR WEARY SOUL
IN THESE TURBULENT TIMES

3 Levels of Our Being

1. Shallow
2. Midlands
3. Depths

The Shallow

Fleeting thoughts throughout the day, most of which are insignificant. Ruled by the distractions of life. We flit from thought to thought, distraction to distraction almost unpredictably like a 1,000 butterflies flying in the field.

The Midlands

Longings, hopes, and dreams that are far more important. These are considered the “cares of life”. Things like your health, aging parents, the struggles of your children, the status of a troubled relationship, the progress of your career, finances, fears of the future, etc.

The Depths

- Deep within you, you have experienced the cry for love, hope, and joy which feels almost primal to our being. The patient living out their final days, the castaway stranded on a remote island, the prisoner in solitary confinement.

Where is Resilience Located?

- Shallow
- Midlands
- Depths





Unbelievable!

Side A





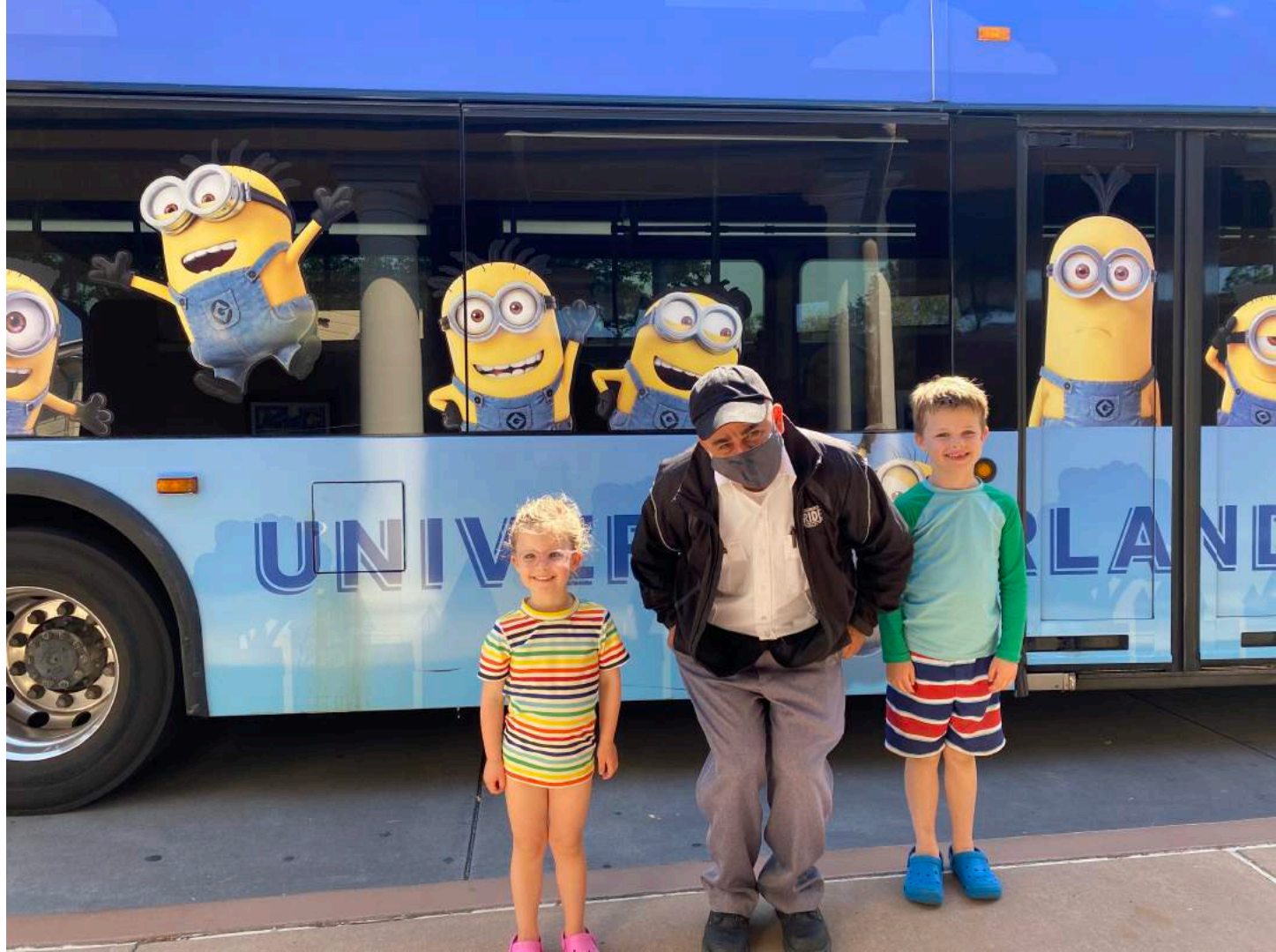




Unbelievable!

Side B







UNIVERSAL
ORLANDO RESORT™



April 6, 2021

TM & © Universal Studios

Focus on the Right Side!

**How Do The
Seeds We Sow
Impact Our Mindset?**



Identity Statement

I'm not a morning person.



Habit

**Waking Up
Late**



Identity Statement

*I wake up with excitement
for the day ahead!*



Habit

**Waking Up
Early**



Identity Statement

*I'm never
going to lose weight*



Habit

**Emotional
Eating**



Habit

*I love the person
I'm becoming*



Identity Statement

**Eating
Whole Foods**



Want to plant new habits?
Start at the Root!



**Tiny Changes,
Remarkable Results**

James Clear

Atomic Habits

Atomic Habits

An Easy & Proven Way to
Build Good Habits & Break Bad Ones

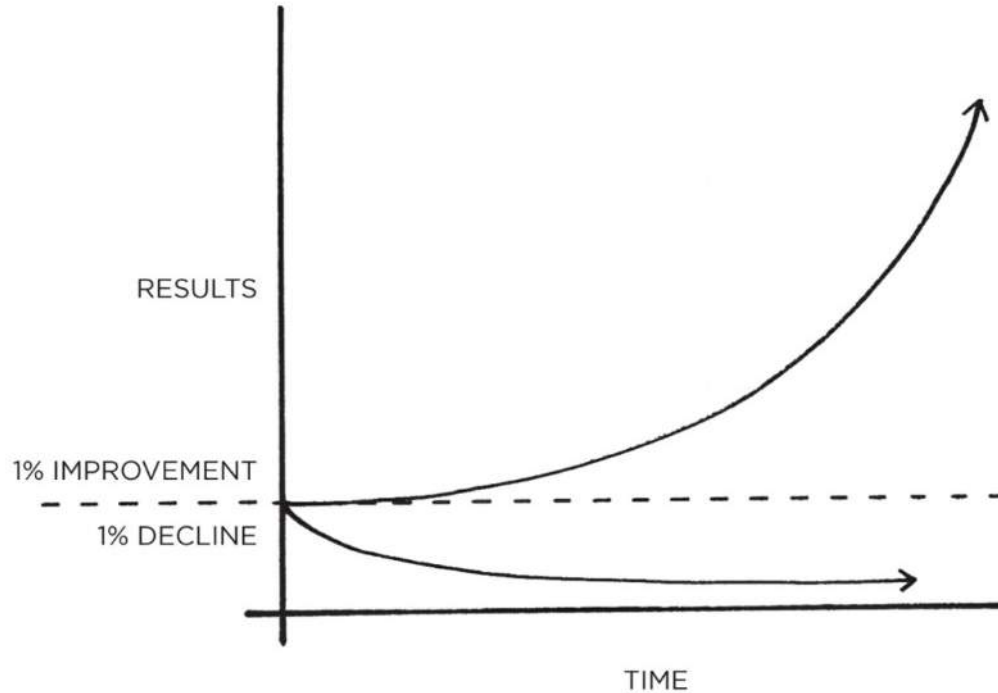
James Clear



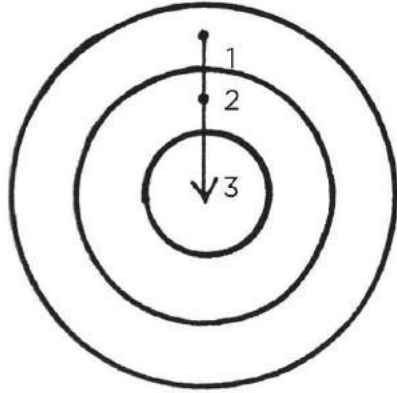
1% BETTER EVERY DAY

1% worse every day for one year. $0.99^{365} = 00.03$

1% better every day for one year. $1.01^{365} = 37.78$

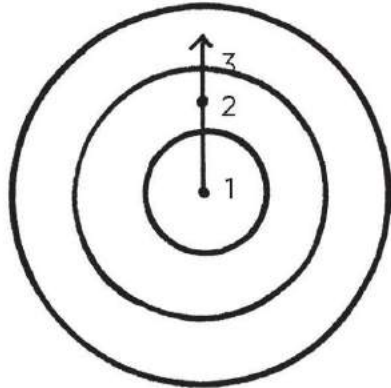


OUTCOME-BASED HABITS



With outcome based habits, the focus is on what you want to achieve.

IDENTITY-BASED HABITS



With identity based habits, the goal is on who you wish to become!

Definition of Identity

- Derived from the Latin words:
 - essentitas, which means being
 - identidem, which means repeatedly
- Your identity is your “repeated beingness!”



Identity Based Goals

- Becoming the best version of yourself requires you to continuously edit your beliefs, and to upgrade and expand your identity.



Common Identity Statements

- I'm terrible with directions
- I'm bad at remembering peoples names
- I'm always late
- I'm not good with technology
- I'm horrible at math



**A New Anthem
for The New Year!**



The New Anthem

For thirty days, every morning and every night, find a mirror, stand up straight, and confidently say the following out loud:

I, [your name], choose my thoughts. I know that doing my best starts with thinking my best. Like laying a path for an adventure, these thoughts will set the course for my actions.

I'm confident that what I think matters. I'm excited to see what happens next. I'm disciplined and dedicated to stick with it. Here are ten things I know:

1. Today is brand-new and tomorrow is too.
2. I've got a gift worth giving.
3. The only person standing in my way is me, and I quit doing that yesterday.
4. I am the CEO of me, and I am the best boss.
5. Winning is contagious. When I help others win, I win too.
6. Feeling uncomfortable is just a sign that my old comfort zone is having a hard time keeping up with me.
7. Momentum is messy.
8. Everything is always working out for me.
9. I am my biggest fan.
10. The best response to obstacles is to do it anyway.

In the morning

I've pulled the slingshot back. I'm not *leaving* this room, I'm *launching* from it, ready for a day of untold opportunities. I've packed honesty, generosity, laughter, and bravery for the road ahead. Watch out, world! It's time to step up, step out, and step in.

In the evening

What a day! The best part is I left myself a lot of fun things to work on tomorrow. When my head hits that pillow, I'm off the clock, storing up energy and excitement for a brand-new day.

<https://acuff.me/soundtracksaudio>

5 Seconds of Energy Freedom!



Make a Difference

*3 Short Stories to Encourage You to
Make a Difference In the Seeds You Plant*



Lost & Found

Going Above & Beyond In Those You Serve







Lost and Found Department



Mila,

Thank you for letting
me stay at Boyne
Mountain a few more
days. I rode the
chair lift, it was
fun. So was the
Waterpark. I missed
you though. I was
ready to come home.



*I've learned that people will forget what you said,
people will forget what you did, but people will
never forget how you made them feel.*

-Maya Angelou

Divine Detour

The Tow Truck Driver

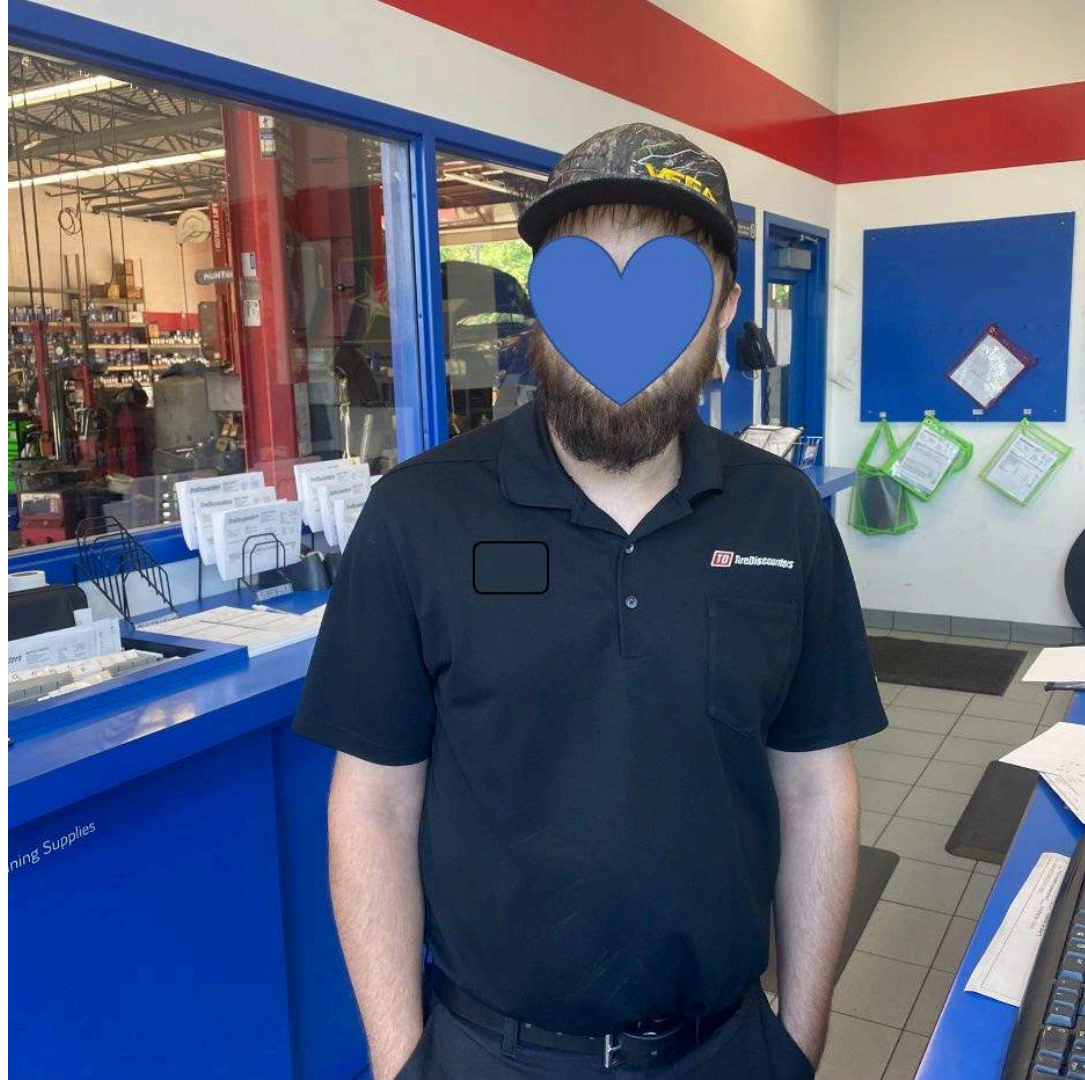
The Tire Technician & The Teacher













*We make a living on what we get.
We make a life on what we give.*

-Winston Churchill

**How Do You
Shift Your Perspective
When Your Feeling Lost?**



Honey In The Rock

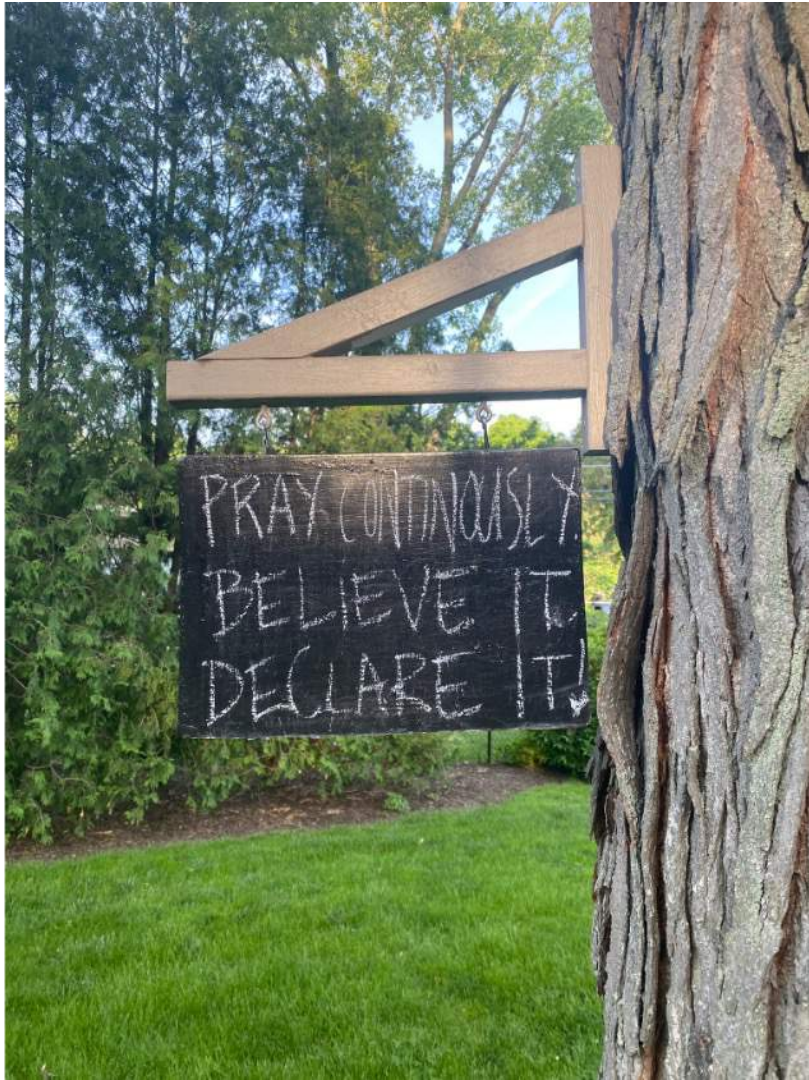












"But these things I plan won't happen right away. Slowly, steadily, surely, the time approaches when the vision will be fulfilled. If it seems slow, do not despair, for these things will surely come to pass. Just be patient! They will not be overdue a single day!"

—HABAKKUK 2:3(TLB)





SOLD

**HOME
FOR
SALE**



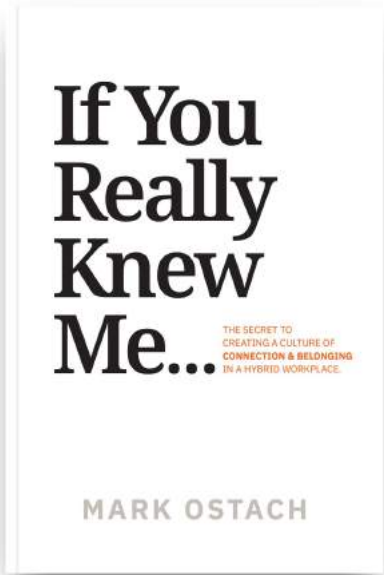


Final Takeaways

1. Aim For 1 % Better Each Day
2. Focus On Fixing Your Identity Distortions
3. Churn The Soil of Your Heart
4. Spend time in the Depths and Build Resilience
5. Speak Your New Anthem Into Life!

Bonus: There's Honey in the Rock ;-)





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