



Harvest Basket

WORKBOOK

@awakeningcreatives

Harvesting your Creative Garden

Imagine the leadership, creative, relational and physical aspects of your life as part of one vibrant garden—one that requires tending, nurturing, and care to bear fruit. The fruits you gather here may not always be visible to others, but they represent the small wins, the quiet moments of growth that lead to profound change. So too, the efforts that did not bear fruits are part of the compost that will fertilize your next cycles of growth.

In this **Harvest Basket Workbook**, we will harvest the fruits of our learning to nourish the soils for the next cycle of growth.



Harvesting your Professional/Leadership Garden

Reflection Prompts:

🌱 What seeds did you plant in your professional life this season? (Consider the small actions you took, the risks you embraced, or the new skills you cultivated.)

🍏 What fruits have come from your leadership? (Reflect on the moments of impact, big or small, where you saw the results of your labor.)

🌿 What weeds did you have to pull to make space for growth? (Think about the challenges you faced or the limiting beliefs you overcame in this area.)

🌻 How have your deepest values aligned with your actions in your professional life? (Where did you stay true to your values, and how did that nourish your work?)



Relational Garden

Now, turn to the relational garden—the place where your connections with others blossom. Relationships, whether personal or professional, are like a delicate ecosystem, requiring balance, patience, and care.

Reflection Prompts:

🌸 Which relationships have deepened or flourished in your life this season? (Think of the people you've grown closer to, or relationships where trust and connection have strengthened.)

🍒 What small acts of care have you offered or received that felt nourishing? (Reflect on the moments where kindness, support, or collaboration helped something beautiful take root.)

🌻 What boundary or communication shift has allowed a relationship to grow or to realign into a more honest expression? (Consider where you've created space or clarity in your relationships to help them thrive.)


🌱 How have your connections with others enriched your sense of aliveness? (In what ways have your relationships fueled your joy, creativity, or sense of purpose?)




Creative / Intellectual Garden

In your creative and intellectual garden, ideas, curiosity, and expression flourish. This space is where your imagination takes root, and where you bring your inner visions to life, one step at a time.


Reflection Prompts:

 What ideas or creative projects have started to bloom this season and which have needed to be composted?


(Think of the projects, writings, art, or intellectual pursuits that have taken shape, no matter how small.)

 What sparks of curiosity have guided your creative process?

(Reflect on the questions or curiosities that fueled your intellectual or creative growth.)

 How have you nurtured your creative aliveness?

(Consider the ways in which you've made space for creative expression or learning, even in small, everyday moments.)

 What intellectual fruits have you harvested that surprised you?

(Look back on the insights, breakthroughs, or learning experiences that have come unexpectedly.)



embodied Garden

Your physical garden is the space where you tend to your body and the embodied experience of being alive. It is where you listen to the rhythms of your body, honor its needs, and nurture it with care.

Reflection Prompts:

🌻 How has your body communicated its needs to you this season? (Reflect on the signals your body has sent you, and how you've responded—whether through rest, movement, or nourishment.)

🍉 What small acts of care have helped your body feel grounded and alive? (Think of the physical practices—like walking, stretching, breathing—that have nurtured you.)

🍏 What physical goals or intentions have you met, even if quietly? (Reflect on moments where you cared for your physical well-being, even in subtle ways.)

🌿 How has listening to your body helped you cultivate more aliveness in your life? (In what ways have you embraced your embodied wisdom to guide your actions or decisions?)




Fill your Harvest Basket

Now it's time to gather the juiciest fruits of your reflection into your harvest basket. Draw a basket in the space below and fill it with (sketch/paint/scribble in) the fruits of your growth from each of the four areas—your professional/leadership, relational, creative/intellectual, and embodied gardens.

Some ideas for what to add:

- The small wins in your work or leadership
- The meaningful connections and moments of care in your relationships
- The creative ideas or intellectual breakthroughs you've cultivated
- The ways you've listened to and nourished your body

As you fill your basket, notice how these small steps have led to a fuller, more abundant sense of aliveness.

A photograph of a field of sunflowers at sunset. The sun is low on the horizon, creating a warm, golden glow. Several sunflowers are in focus, with one in the foreground being particularly prominent. The background is a soft, hazy landscape.

Final Thoughts

Your harvest is unique, and will not match anyone else's. Every fruit, no matter how small, is part of the process of growth and liberation. Celebrate your journey, and let this basket be a reminder of all you've cultivated as well as what is ready to compost over the winter.

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