



One Session, One Seed

Thirty days. Two moves a day. That's the whole game.

Each day, do your **entering session** (as many sweepstakes as your time allows, then color the circle) and **send one seed**: a pitch, an ask, an application, a listing, anything that scares you a little. Write what you sent on the line. **Thirty completed days is the win.** Anything you happen to win along the way is a bonus.

DAY	SESSION	THE SEED I SENT
01	☐	
02	☐	
03	☐	
04	☐	
05	☐	
06	☐	
07	☐	
08	☐	
09	☐	
10	☐	
11	☐	
12	☐	
13	☐	
14	☐	
15	☐	
16	☐	
17	☐	
18	☐	
19	☐	
20	☐	
21	☐	
22	☐	
23	☐	
24	☐	
25	☐	
26	☐	
27	☐	
28	☐	
29	☐	
30	☐	

Day 30: read the right-hand column out loud. That's thirty real seeds you sent into the world in one month, and every single one is still out there working.