



The Sign and Seed Log

The sign is the tap. The seed is the answer.

Noticing is a skill you build, and it builds faster on paper. Every time something stops you, write it down while it is fresh, then write the one small seed you planted in response. Come back in a month and read the last column. That is where the pattern lives.

1 FIRST, WAS IT A SIGN OR A COINCIDENCE?

● It stopped you

A coincidence passes you by. A sign makes you pause.

● The timing was uncanny

It arrived at the exact moment you could receive it.

● You already half-knew

It points at the thing you were not letting yourself see.

2 LOG IT WHILE IT IS FRESH, THEN PLANT

DATE	WHAT I NOTICED	WHAT I WAS THINKING RIGHT THEN	THE SEED I PLANTED	WHAT CAME OF IT
			○	
			○	
			○	
			○	
			○	
			○	
			○	
			○	

The pattern I am noticing

Fill this in after a month of logging, not before.

The sign that keeps finding me

What it keeps pointing at

The seed I keep avoiding

A sign only becomes meaningful through your response. Notice it, ask what it is inviting you to do, and plant one small seed toward it today.

Seeding Serendipity
GROW YOUR OWN LUCK