

Weed Removal Plan

Reclaim Your Focus. Protect Your Fruit. Lead With Purpose.

1. IDENTIFY THE WEEDS

Weeds steal your time, focus, and energy—quietly choking the fruit God intended you to bear.

Reflection:

List 3 distractions currently draining your attention:

At Work:

1. _____

2. _____

3. _____

At Home:

1. _____

2. _____

3. _____

Weed Removal Strategy:

- Schedule a 15-minute audit of your calendar. What needs to go?
- Set limits on notifications and social media use.
- Say “no” to one good thing this week that is not aligned with your harvest (Vision or Purpose).

2. UNCOVER THE PESTS

Pests show up as toxic patterns—visible or hidden—that slowly eat away at your team and your home.

Reflection:

Check all that apply right now:

- Unresolved conflict
- Toxic culture (team/family)
- Poor leadership (in you or around you)
- Lack of discipline
- Unforgiven offense (others or yourself)

Pest Management Strategy:

- **Unforgiveness:** Say out loud: “I forgive you.” Write a name, make a decision and chose to forgive.
- **Toxic Culture:** Ask: “What kind of culture do I want to create?” Then choose one daily action to move toward it.
- **Discipline:** Pick one anchor habit (daily walk, devotional, or journaling) and stick with it for 7 days.

3. DIAGNOSE THE DISEASE

Disease is harder to see—but its damage runs deep. It shows up as burnout, anxiety, detachment, and fatigue.

Symptoms Checklist:

- Chronic exhaustion
- Emotional detachment
- Anxiety or tension
- Disconnection from purpose
- Loss of joy or creativity

Disease Treatment Plan:

Use the V.I.N.E. Process:

V – Verify the Symptoms: Daily 1–5 score for Energy, Engagement, Emotions.

I – Identify the Root: Is this stress caused by lack of boundaries? Vision? Rest? Write down the real issue.

N – Nourish What’s Good: Return to your “why.” Add 1 life-giving habit back in this week.

E – Eliminate the Threat: Have the conversation. Cancel the thing. Protect your peace.

Next Steps: Tend Your Vineyard Weekly

Weekly Check-In Prompt:


“What is threatening my growth right now—and what is strengthening it?”

Harvest Reminder:

You were planted with purpose. Don’t settle for survival—you were made to bear fruit.

Want Help With the Weeds, Pests, or Disease?

Schedule a free 30-minute discovery call and let’s walk your vineyard together.

 <https://tidycal.com/sdg/30-minute-meeting>