



## ⌚ 21-Day Village Habits Challenge —Checklist

*(Inspired by “My Village Conversations” — living wisdom from rural India)*

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**Goal:** Rebuild rhythm, reciprocity, and responsibility — the three invisible pillars of rural wisdom — in 21 small, daily actions.

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### How to Use:

- Do one prompt per day (no order required).
- Tick once done ☒
- Journal 1–2 sentences: *“What changed in me?”*
- At day 21, reflect: *Which habit wants to stay?*

## WEEK 1 — People: The Neighbor's Ledger

**Theme:** Relearning interdependence. Relationships as infrastructure.

Day	Task	Daily Reflection
1	Share a cup of tea or coffee with someone you usually pass by in silence.	
2	Offer a small practical favor — carry groceries, fix a light, water a plant.	
3	Call or visit an elder and ask them to tell you a story of “the first rain they remember.”	
4	Write down 3 names of neighbors. Add one way you could make their week easier.	
5	Cook extra and share it — meal as message.	
6	Ask someone what “enough” means to them. Listen, don’t argue.	
7	Thank aloud the person who keeps your daily system working (watchman, sweeper, milkman).	


 *Weekly Reflection:*

“We keep each other upright, mostly because falling is embarrassing.”  
How did interdependence feel this week — heavy or freeing?

## WEEK 2 — Planet: Soil, Seeds & Stewardship

**Theme:** Listening to the Earth as a living interlocutor.

Day	Task	Daily Reflection
8	Start a kitchen compost jar or worm bin.	
9	Collect 1 liter of rainwater or fix a leaky tap.	
10	Save seeds from one fruit or vegetable you ate this week.	
11	Plant one herb or tree sapling — even in a pot.	
12	Sweep your street or stairwell without being asked — small civic care.	
13	Spend 15 minutes barefoot on soil or grass — feel texture, temperature, trust.	
14	Observe birds or insects for 10 minutes; note their routine.	

 *Weekly Reflection:*

“We don’t own the soil — we borrow it from our grandchildren.”  
What did the Earth teach you about patience?

## WEEK 3 — Profit: Worth Beyond Counting

**Theme:** Reframing success through shared wellbeing.

Day	Task	Daily Reflection
15	Repair one broken thing instead of replacing it.	
16	Support a local craftsperson or small vendor.	
17	Barter — trade a skill, meal, or time instead of money.	
18	Make a “Worth Ledger” — two columns: Cash / Kindness. Fill daily.	
19	Host a small “sharing circle” — tea and talk about what matters most.	
20	Lend or borrow something small — and return it early.	
21	Write a short note to someone who helped you recently — say how it mattered.	

 *Final Reflection:*

“Profit is easy to count; worth is what your neighbor will lend you when rains fail.” Which act felt most natural? Which felt radical? Why?

### **Completion Page:**

- Circle 3 habits to continue for 90 more days.
- Write your personal motto in the space: “My village lesson for the city is...”

Date it. Sign it. Stick it where you’ll see it daily.







## 31 “Seasonal Planning for Urban Projects”

(Inspired by *The Farmer’s Calendar* — work that respects season is harvest.)

**Purpose:** To help creators, entrepreneurs, and community leaders plan projects like farmers — in cycles of planting, tending, resting, and harvesting. Use quarterly or biannually.

### THE SEASONAL PLANNING GRID

Season Cycle	Time Frame	Focus	Key Actions	Emotional State	Symbol
 Planting Season	(Month 1–2)	<i>Initiation, Seeding Ideas</i>	Define 1–2 core goals. Set small, soil-level habits. Begin quietly.	Curiosity, humility.	Seedling
 Growth Season	(Month 3–4)	<i>Deep Work &amp; Discipline</i>	Build consistency. Show up daily. Track energy and obstacles.	Steadiness, faith.	Sprout
 Harvest Season	(Month 5–6)	<i>Output &amp; Celebration</i>	Deliver outcomes. Document learnings. Share gratitude publicly.	Pride, gratitude.	Sheaf
 Rest / Repair Season	(Month 7)	<i>Pause &amp; Reflection</i>	Declutter workspace, repair systems, rest body & mind.	Calm, restoration.	Leaf

## ✿ Mini Task for Each Season

🌱 *Planting*: “What am I planting this season that might feed others later?”

🌿 *Growth*: “What routine keeps my soil fertile?”

🌻 *Harvest*: “What am I proud to share?”

🌿 *Rest*: “What have I overused that needs healing?”

## 📋 CHECKLIST: Farmer’s Wisdom for Projects

Principle	Urban Application	Tick
<b>Work with rhythm, not resistance.</b>	Schedule projects in cycles — no endless grind.	<input type="checkbox"/>
<b>Diversify crops.</b>	Balance core project with one creative hobby.	<input type="checkbox"/>
<b>Keep seed stock.</b>	Archive ideas & learnings for reuse.	<input type="checkbox"/>
<b>Respect rest as repair.</b>	Dedicate 1 week every quarter for renewal.	<input type="checkbox"/>
<b>Share harvest.</b>	Celebrate with collaborators; document insights.	<input type="checkbox"/>
<b>Return nutrients.</b>	Teach or mentor — give back knowledge.	<input type="checkbox"/>

## □ Reflection Box (for writing or typing)

*“This season, my harvest will not just be results — it will be relationships strengthened, soil (mind) rested, and small joys collected.”*

Date: \_\_\_\_\_ Signature: \_\_\_\_\_



## 21-Day Village Habits Challenge — Team Edition

*Small collective rituals for big cultural repair.*

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**Core Idea:** In a village, trust isn't a corporate value — it's daily maintenance.

This challenge helps your team rebuild **belonging, rhythm, and reciprocity** through 21 micro-practices drawn from rural wisdom and regenerative living.

### **Team Goal:**

- Shift from “performance metrics” to *relational metrics*.
- Measure success by *mutual upliftment*, not just outcomes.
- Learn to work like a village: grounded, interdependent, responsible.

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### How to Use

1. **Gather a team** (3–15 people).
2. Assign one “*Village Keeper*” per week — a rotating facilitator.
3. Meet every 7 days for 20 minutes to reflect & share one story per person.
4. Journal insights collectively on a shared board, whiteboard, or Google Sheet.
5. At day 21 — host a small “*harvest circle*” to celebrate progress.

## WEEK 1 — People: The Neighbor's Ledger

**Theme:** Relationships as infrastructure — building invisible safety nets.

Day	Collective Task	Team Reflection
1	Begin with a group tea or shared meal — no agenda, just presence.	
2	Each member names one unseen helper in their work (janitor, driver, backend support). Team thanks them collectively.	
3	Pair up with someone you rarely collaborate with. Ask: “What energizes you at work?”	
4	Team brainstorm: “If we acted like a village, what rituals would we have?” Create one micro-ritual (e.g., 5-min gratitude pause).	
5	Write 3 “I appreciate...” notes to peers — deliver anonymously.	
6	Hold a “help swap”: each person offers one skill; others can ask to learn.	
7	Journal collectively: What did we notice about <b>dependence vs independence</b> this week?	

 *Reflection Quote:*

“We keep each other upright, mostly because falling is embarrassing.”

 *Mini Takeaway:*

A team becomes resilient when laughter replaces hierarchy and gossip becomes governance through care, not criticism.



## WEEK 2 — Planet: Soil, Seeds & Stewardship

**Theme:** Ecological empathy as a leadership skill.

Day	Collective Task	Team Reflection
8	Set up a small plant or seed corner in the office/classroom. Each member contributes one pot or recycled container.	
9	Audit your team's "waste trail" — electricity, plastic, food. Choose one fix.	
10	Invite a local gardener, farmer, or craftsperson to speak for 15 minutes (virtual or live).	
11	Each member plants one seed (literal or metaphorical project seed).	
12	Practice a "Silent 10": 10 minutes of no devices, no talking — just observation.	
13	Team builds a mini rainwater or compost demo. Document it.	
14	End the week with a "Soil Circle": discuss one lesson nature taught each member recently.	

 *Reflection Quote:*

"We don't own the soil — we borrow it from our grandchildren."

 *Mini Takeaway:*

Environmental care is team culture — the planet mirrors our internal discipline.

## WEEK 3 — Profit: Worth Beyond Counting

**Theme:** Redefining value as mutual growth and long-term wellbeing.

Day	Collective Task	Team Reflection
15	Repair something in your workspace instead of replacing it (a chair, a cable, a process).	
16	Feature a local craft or farmer in your internal newsletter or Slack.	
17	Host a “Barter Hour”: exchange time, knowledge, or tools instead of tasks.	
18	Build a “ <b>Worth Ledger</b> ” together — list non-financial wins: kindness, patience, teaching moments.	
19	Write a “Thank You” post to another department or team.	
20	Donate time collectively (volunteer 1 hour) to a community cause.	
21	Host a “Harvest Circle”: what changed in our sense of <i>enough</i> ?	


 *Reflection Quote:*


“Profit is easy to count; worth is what your neighbor will lend you when rains fail.”


 *Mini Takeaway:*

When you invest in trust, returns come in collaboration, retention, and quiet pride.

## WEEKLY TEAM REFLECTION GUIDE


 *WEEK 1:* What act of help surprised you most?


 *WEEK 2:* How did our attention to environment change team mood?


 *WEEK 3:* What non-financial rewards mattered most this week?


Each week's "Village Keeper" summarizes in 3 sentences and shares in the next meeting.

## □ FINAL HARVEST CIRCLE — Team Debrief (30–45 mins)

 *Opening Ritual:* Begin with tea or a local sweet — hospitality as gratitude.

 *Sharing Round:* Each person completes the sentence: "My biggest village habit now is..."

 *Collective Commitment:* Choose 3 habits to keep for 90 more days.


 *Sign the Charter:*

"We will keep each other upright — with humor, humility, and help."

 *Group Photo:* (Optional) Tag it: **#VillageHabits #AddikaChannels #GroundedTeams**

## Printable Checklist Summary (for last page)

Habit Type	Example	<input checked="" type="checkbox"/> Done
<b>People Habit</b>	Share tea with a colleague outside your usual group.	<input type="checkbox"/>
<b>Earth Habit</b>	Start a small office compost or plant corner.	<input type="checkbox"/>
<b>Profit Habit</b>	Celebrate small wins that saved resources or time.	<input type="checkbox"/>
<b>Reflection</b>	10-minute silence circle each Friday.	<input type="checkbox"/>
<b>Gratitude</b>	One “thank you” message weekly.	<input type="checkbox"/>
<b>Repair</b>	Fix one process, not replace it.	<input type="checkbox"/>

 *Reminder:* A culture becomes sustainable when its habits are shareable stories, not just tasks.

*“Sometimes truth speaks in a farmer’s laugh — AddikaChannels.com”*



## TEAM SEASONAL PLANNING TEMPLATE

*“Work like a farmer: sow, grow, share, rest.”*

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**Purpose:** To help teams structure their year through *natural seasons* instead of endless sprints. Each season represents a rhythm of energy, collaboration, and renewal — a complete cycle of *People, Planet, and Profit*.

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### HOW TO USE





1. Gather your team at the start of each quarter (or seasonal change).
2. Print this sheet or use digitally — fill together in one sitting.
3. Assign **“Season Keepers”** — one per season to track momentum.
4. Meet mid-season for a **Soil Check** (progress circle).
5. Close each season with a **Harvest Ritual** — share learnings, gratitude, and rest.

## □ THE FOUR SEASONS OF TEAM WORK

Season	Spirit	Focus Areas	Example Team Questions	Key Deliverables	Energy Tone
 Planting (Jan–Mar)	Initiation, curiosity, setting soil.	Strategy, vision, purpose refresh.	What are we planting this year that will feed others later?	New project briefs, role clarity, habit seeds.	Reflective, grounded.
 Growth (Apr–Jun)	Deep work, consistency, craft.	Skill-building, systems, consistency.	How can we strengthen our roots before expanding leaves?	Working prototypes, process audits, steady rhythms.	Focused, disciplined.
 Harvest (Jul–Sep)	Sharing, storytelling, celebration.	Outcomes, documentation, gratitude.	What are we proud to share? What stories must we tell?	Reports, showcases, team gratitude circle.	Joyful, expressive.
 Rest / Repair (Oct–Dec)	Reflection, regeneration, redesign.	Evaluation, simplification, mental rest.	What do we need to let fall away for next year's soil?	Annual reflection, system repairs, sabbatical projects.	Gentle, introspective.

## THE SEASONAL DASHBOARD

*(For teams to fill every 3 months)*

Element	Team Notes	Responsible Keeper	Checkpoint Date	Done <input checked="" type="checkbox"/>
 What seeds are we planting (new projects or habits)?				<input type="checkbox"/>
 What are we nurturing (existing initiatives to grow)?				<input type="checkbox"/>
 What are we harvesting (deliverables, stories, impact)?				<input type="checkbox"/>
 What needs resting or repairing (systems, people, tools)?				<input type="checkbox"/>


## PEOPLE — TEAM CARE PLANNER

Category	Questions to Discuss	Action / Owner	Done
<b>Relationships</b>	Who needs more recognition this season?		<input type="checkbox"/>
<b>Skills</b>	What skill do we want to learn together?		<input type="checkbox"/>
<b>Balance</b>	How do we schedule collective pauses or no-meeting days?		<input type="checkbox"/>
<b>Culture</b>	Which village habit can we borrow this season? (e.g., Friday gratitude tea)		<input type="checkbox"/>

## PLANET — SUSTAINABILITY SCOREBOARD

*(Integrate environmental awareness into team work)*

Focus	Measurable Action	Status	Next Step
<b>Energy &amp; Waste</b>	Reduce power/water usage by ____%	<input type="checkbox"/>	
<b>Materials</b>	Switch to eco or local suppliers for ____	<input type="checkbox"/>	
<b>Food &amp; Office</b>	Compost bin / rain barrel / kitchen garden setup	<input type="checkbox"/>	
<b>Knowledge</b>	Conduct 1 environmental awareness session	<input type="checkbox"/>	


 *Guiding Question:* “Are we borrowing or depleting the soil of our workplace?”


## PROFIT — DURABLE WELLBEING PLANNER


Focus	What Does “Harvest” Mean This Season?	Example Actions	Done
<b>Shared Profit</b>	How can we celebrate wins collectively, not individually?	Shared bonuses, team retreats, story shoutouts.	<input type="checkbox"/>
<b>Fair Growth</b>	Are promotions tied to responsibility, not politics?	Transparent role criteria.	<input type="checkbox"/>
<b>Ethical Partnerships</b>	Who are we collaborating with? Do they align with our values?	Supplier ethics checklist.	<input type="checkbox"/>
<b>Long-term Wellbeing</b>	How do we measure <i>enough</i> ?	3-month wellbeing survey.	<input type="checkbox"/>



## SEASON REFLECTION BOXES





 *Planting Season Reflection:* “This quarter, our soil is rich in \_\_\_\_\_, but we must add more \_\_\_\_\_.”

 *Growth Season Reflection:* “We’re learning that roots need time; productivity without rhythm leads to drought.”

 *Harvest Season Reflection:* “Our proudest yield was \_\_\_\_\_. What fed it most was \_\_\_\_\_.”

 *Rest Season Reflection:* “We’ll leave behind \_\_\_\_\_, to make space for \_\_\_\_\_.”

## QUARTERLY RHYTHM AT A GLANCE

Season	Start Date	Check-in	Harvest Date	Celebration / Ritual
 Planting				Seed Circle: name 3 intentions aloud.
 Growth				Soil Check: share one learning failure.
 Harvest				Gratitude Gathering: one story each.
 Rest				Repair Week: fix one broken process.



## TEAM ETHOS REMINDER

*“We measure success not by speed or size — but by what stays fertile after the work is done.”*

### **Optional Team Charter Line (to print and sign):**

“We agree to work like farmers — to seed with care, grow with patience, share with gratitude, and rest with humility.”

**Signature of Team Lead** : \_\_\_\_\_

**Date** : \_\_\_\_\_

**Season Keeper** : \_\_\_\_\_