

Marigold

 A 4-week personal growth journey hosted by Casey Lipka and friends



A series of free workshops in celebration and anticipation of my song "Marigold" coming out in June. All free workshops center around the themes you'll hear in the music: growth. Join us on Tuesday May 17- June 7th, [click here for the full schedule of events](#).

My 30 Day Action Plan

What do I want?

...something you would like to do in the next 30 days...

How will I know when I have what I want?

...be specific, what exactly will that look like? What will you see, hear or feel?

Define Your Context

...where, when and with whom do I want it? Describe the people who are involved, where you will be, and the timelines involved.

What do you anticipate might get in the way of the outcome you want this month?
...what stories, patterns or excuses do you tell yourself?

What support do you need to put in place for yourself?
People to contact, tools to utilize, resources that might help you...

What is the first step for you to take?
Bonus points if you write down by when you'll do it...