

The SOW model

	Planting	Growing	Flowering
The SOW plan		*	*
Physical			
Emotional			
Spiritual			
Intellectual			
Psychological			
Creative			
Loved family/friends			
harder			
Groups			
Economically			
Socially			
Politically			
Environmentally			
	Physical Emotional Spiritual Intellectual Psychological Creative Loved family/friends harder Groups Economically Socially Politically	The SOW plan Physical Emotional Spiritual Intellectual Psychological Creative Loved family/friends harder Groups Economically Socially Politically	The SOW plan Physical Emotional Spiritual Intellectual Psychological Creative Loved family/friends harder Groups Economically Socially Politically