

Chapter 1 SEED

*For when your brain has 37 tabs open and your soul just
wants to focus on one*

Hey you!

*Yes, you—with the endless ideas, open tabs,
and voice notes you never listen to.*

*I'm Abhishek,
founder of Bridge & Bloom,
and I made this because I believe the world needs more people building lives
around the things they actually care about.*

*This isn't some magical workbook that'll fix your life overnight. It's a place
to get clear, anchor one idea, and start moving—slowly, thoughtfully, and on
your own terms.*

*Chapter 1 is all about finding that one idea—the one worth exploring, living
with, and maybe even building into something bigger. Tear pages, make a
mess, laugh at yourself. Just don't keep everything in your head.*

Let's plant something real.



Abhishek Gore

**BRIDGE &
BLOOM**

<https://bridgeandbloom.in/>
info@bridgeandbloom.in

About Chapter 1

🌱 Plant one idea. Clear the noise. Start moving.

You've got ideas—dozens, maybe hundreds. Some have lived rent-free in your head for years.

This chapter is about pausing and gently choosing one idea to explore—not to perfect, launch, or monetize (yet), but to anchor. To begin something real, without trying to figure out the whole path at once.

🪴 What You'll Leave With:

- Clarity on which idea to explore
- Mental space to focus
- A micro-commitment to move forward
- A little less noise in your head (and a lot more direction)

🌱 Warm up a bit - make that first scratch on this new book.

This is a generic book now because 1000s of other have bought the same. Let's start making it truly YOURS! Below, write down how you feel about starting.

I would love it if you doodled in every blank space you see.

Soon this will have your vibe

*This is to be done at your pace.
Speed is not the forte of this book, authenticity is!*

CONTENTS

THE IDEA SPIRAL

IDEA PARKING LOT

GENTLE CULL

RESONANCE CHECKPOINT

STRETCH + SIT

SPACE TO WAFFLE

ANCHOR IT

MICRO-COMMITMENT

WHAT KIND OF IDEA-SPIRALER ARE YOU?

The Idea Spiral

Let's not pretend you don't have ideas. You do. A lot.

This quiz is just for fun (and maybe a little truth).

Q: When a new idea hits, you:

- ☐ A - Write it down and forget it exists
- ☐ B - Start designing a logo at 2AM
- ☐ C - Think about it obsessively for three months
- ☐ D - Tell 4 friends, then immediately doubt yourself

Q: How many unfinished ideas are on your phone/laptop/notion?

- ☐ A - 0-5
- ☐ B - 6-15
- ☐ C - 16-100
- ☐ D - LOL

Q: What makes it hard to pick one idea?

- ☐ A - They all feel exciting
- ☐ B - Fear of choosing the wrong one
- ☐ C - I'm not sure what's worth my time
- ☐ D - I've built entire imaginary brands for 3 already

Mostly A's/B's? You're a Curator. Mostly C's/D's? You're an Overthinker.
Either way: this workbook is your brain's rescue boat.

The Idea Parking Lot

Drop every idea, whisper, obsession, and “maybe someday” here.

Just a one liner, a hook that will help you unfold that idea.

Tear out your idea and take it forward

- Idea Title
- I got this from
- This idea makes me feel
- One word to describe it

- Idea Title
- I got this from
- This idea makes me feel
- One word to describe it

- Idea Title
- I got this from
- This idea makes me feel
- One word to describe it

- Idea Title
- I got this from
- This idea makes me feel
- One word to describe it

- Idea Title
- I got this from
- This idea makes me feel
- One word to describe it

- Idea Title
- I got this from
- This idea makes me feel
- One word to describe it

- Idea Title
- I got this from
- This idea makes me feel
- One word to describe it

- Idea Title
- I got this from
- This idea makes me feel
- One word to describe it

- Idea Title
- I got this from
- This idea makes me feel
- One word to describe it

- Idea Title
- I got this from
- This idea makes me feel
- One word to describe it

- Idea Title
- I got this from
- This idea makes me feel
- One word to describe it

- Idea Title
- I got this from
- This idea makes me feel
- One word to describe it

- Idea Title
- I got this from
- This idea makes me feel
- One word to describe it

- Idea Title
- I got this from
- This idea makes me feel
- One word to describe it

- Idea Title
- I got this from
- This idea makes me feel
- One word to describe it

GENTLY SORTING THE MAYBES

Gentle Cull

Pick 3 ideas from parking and place them here as you evaluate

Place an Idea

Why I keep thinking about it?

Would I live with this idea for a year?

One reason to let it go?

One reason to keep it?

Place an Idea

Why I keep thinking about it?

Would I live with this idea for a year?

One reason to let it go?

One reason to keep it?

Place an Idea

Why I keep thinking about it?

Would I live with this idea for a year?

One reason to let it go?

One reason to keep it?

Resonance Checkpoint

Get your stickers from the stickers page and go back to the Gentle Cull.

Ask the below questions to each idea.

Place a sticker if the answer to the below question is YES.

Idea with the least stickers goes back to the parking lot
the other two will go forward.

1

 Gut

Your intuitive
Reaction

Does this idea give
you a flutter?

2

 Mind

Your strategic
alignment

Does this make
logical/strategic
sense to you?

3

 Self

Personal
Authenticity

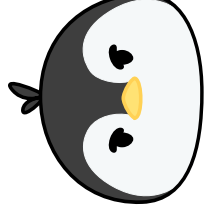
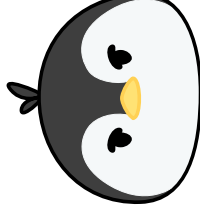
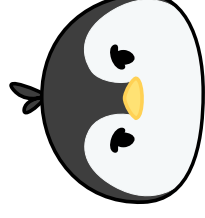
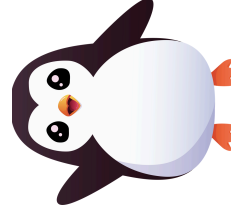
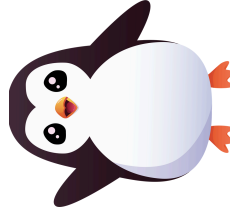
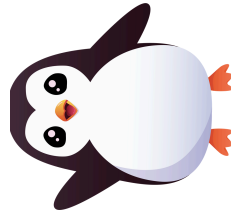
Does this feel like
you?

TIP : Everything is beloved. If none qualify to park, come back tomorrow and ask the questions again, Introspect honestly over days if needed.

Tearable sticker page

Tear a sticker and use it!

*Motivation and a push is needed, let the penguins guide you to enthusiasm. You can
tear them and paste them as you go along :)*



Stretch + Sit (1)

Lets sprinkle some conviction to the idea

- Idea Title
- I got this from
- This idea makes me feel
- One word to describe it

STORY

Name
Tagline

2 liner pitch

Business offering 1

Business offering 2

Business offering 3

Business offering 4

Business offering 5

VISUALS

Brand Font

A colour pallete

Some images from the
internet

If you need some help with this, consider joining The Laying Stone workshop

Stretch + Sit (2)

Lets sprinkle some conviction to the idea

- Idea Title
- I got this from
- This idea makes me feel
- One word to describe it

STORY

Name
Tagline

2 liner pitch

Business offering 1

Business offering 2

Business offering 3

Business offering 4

Business offering 5

VISUALS

Brand Font

A colour pallete

Some images from the
internet

If you need some help with this, consider joining The Laying Stone workshop

Space to Waffle

Still Not Sure?

Great. Waffling is creative compost. Sit with it.

List down every thing that is still stopping you - Let it OUT!!

What's actually making this hard to choose?"

(un)Checklist:

- ☐ Fear of being wrong
- ☐ Wanting it to be perfect
- ☐ All ideas feel good
- ☐ Afraid to commit
- ☐ I care a lot and that's scary
- ☐ ...
- ☐
- ☐

Doodle, write, draw, get that out here on paper
where it can stay rent-free

Anchor It !!!!!

Plant THE Here. Choose one idea to explore from Stretch + Sit — not perfect, not finish. Just begin.

The idea I'm choosing
to explore is

I'm drawn to it
because

3 words it makes me
feel

I imagine it
turning into

I'm okay not knowing



Micro- Commitment

PERMISSION SLIP TO EXPLORE

You don't need to be perfect to begin. You just need to begin.

I, _____, choose to explore the idea of

_____ for the next ____ weeks.

I give myself permission to be curious, messy, and unfinished..

Sign

Date:

AN ACCOUNTABILITY PARTNER

Add an extra layer of push. Write a mail to yourself with the above content, take pictures of the worksheet and attach it to the mail. CC info@bridgeandbloom.in and I will make sure I follow up with you on the progress for the given weeks.

You can also CC a friend of yours who motivates you.



We'd Love Your Feedback



Because we're building this with you, not just for you. Finished this chapter? Almost there? Lost it under a pile of laundry but want to say something anyway? We're listening.

This workbook is a living thing—just like your ideas. Your feedback helps us grow it better.

DROP US A MESSAGE

A Few Prompts (answer any, all, or none):

- What did you love about this chapter?
- What didn't land for you?
- What would you add, change, or remove?
- Did something shift for you while working through this?
- Would you recommend this to a friend? Why or why not?

You can send your thoughts to

info@bridgeandbloom.in

Or tag us on Instagram

[@bridgeandbloom.in](https://www.instagram.com/bridgeandbloom.in)

We might cry (the good kind). Thank you for being part of this.

Love,

Bridge & Bloom Team

(Also known as:

Abhishek and the gang of over-thinkers turned action-takers)



Thank-you!

You planted a seed. That's no small thing.

Thank you for showing up—for your ideas, your time, your attention, and your willingness to sift through the noise. That's brave. And wildly underrated.

By now, you've chosen one idea to explore. It may still feel wobbly or weird or wildly unrealistic. That's okay. That's what seeds feel like.

You don't have to do the next part alone.

What next?

1. Go for chapter 2, email us at info@bridgeandbloom.in
2. If you want more support before going for chapter 2, consider joining The Laying Stone workshop.





I've always believed the world would be better if more people could bring their ideas to life—not just the loud, shiny, investor-pitch-deck-ready ones. I mean the quiet ideas. The weird ones. The "this keeps showing up in my Notes app at 2am" kind.

This workbook is for you if:

- You have too many ideas and don't know where to start.
- You have one idea, but you've thought about it so much you've accidentally written a PhD thesis in your head.
- You just want to stop thinking and start doing, without selling your soul or downloading 14 different productivity apps.

Inside, you'll find thoughtful prompts, simple tools, and practical worksheets to help you move from "hmm" to "heck yes." We'll take it slow, with some strategic stretching, occasional creative yoga poses, and zero pressure to be a startup bro.

You don't have to make it perfect. You just have to make it real.

Let's get building.

— Abhishek Gore
Founder, Bridge & Bloom