

The Green Pepper Project

Background

There was a time in my life that I did not understand the concept of personal development. No one was asking me to develop myself. I utilized the same skills and knowledge for many years...no development.

Then I sustained a traumatic neck injury. I was paralyzed on the right side of my body. Laying in the bed, I realized I had squandered my life. Right then and there, I made a promise to myself that if—when—I got out of this situation, I would invest in myself, grow, and become all I could be.

So the journey began. A million moments of growth later, I created *The Green Pepper Project* to help others understand the value of personal development.



Content

The Green Pepper Project is about investing in your future, about creating your personal development plan, and about making your life what you want it to be – independent from what your employer, your friend, or even your mother thinks is best for you!

The Green Pepper Project is about the seeds of potential in YOU that are waiting to be planted, watered, nurtured, and grown.

Think of it like this: there are about 153 seeds (*yeah, I counted them*) in a green pepper. If you planted, watered, and nurtured those 153 seeds, how many more green peppers do you think you would have? Likewise, if you selected just a few seeds of knowledge, skill, and character and tended them in your own life, what do you think would happen? And then, if you helped others plant, water, and nurture seeds in their lives...just think of the amazing capabilities we could all have.... *Oh, the incredible possibilities!*

Take action

The next time you see a green pepper, think of me and *The Green Pepper Project*. Think about all those seeds. Think of all the potential in all those seeds. Remember that YOU also have a never-ending potential to grow!



Sheila Jones is a certified educational trainer, motivational speaker, and job coach. With decades of experience in the professional world as an acclaimed chef, an innovation specialist, and a billion-dollar brand developer, Sheila gets people of all ages fired up about their dreams and self-improvement. She has worked at the top of Nestle, Campbell Soup, and Walmart, and is now CEO of Whicked Results. Her goal is profound: to help 1 million people change their lives, live better, and follow their dreams.

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