



# 5 SEASONS OF CONNECTION <sup>®</sup>

Harness the power of your 5 Seasons to navigate the storms in your life with power and purpose.

## WHY YOUR 5 SEASONS MATTER

We know the feeling well. Winter will blow through our life, keeping us frozen in anxiety, anger, indecision, fear, doubt, and worry. We stay stuck in the cold, dark Winter because we don't know how to leave this harsh season behind. We suffer in pain. We struggle with fear. We stay in the dark, far from the people we love and the passions we desire.

Not anymore! Knowing who we are in each season allows us to Spring Clean out of it to arrive in the beautiful season of Summer - the best our life can be.



### WINTER

In our deepest emotional storms, we're trapped in the harshest, darkest Winter times. We fear failure, success, rejection, humiliation, and disconnection. We're paralyzed to take action and we drown in negative mental chatter.

What are the internal (untruths you believe) and external (events/other people) that push you into Winter?  
What are the ways you undermine, sabotage, minimize, or keep yourself trapped in your emotional storms?

### SPRING

Just as Spring Cleaning our house takes effort, so does Spring Cleaning our life. Clear away the debris left behind from Winter's storms, implement healthy self-care strategies, reframe negativity, and be in a growth mindset.

What are ways you can disrupt the massive mental blocks that keep you in your negative thought patterns?  
What techniques can you implement to build your evidence of brilliance, capability, strength and power?

### SUMMER

This season is the very best it can be: we are delightfully happy, aligned, feeling free to be our best selves while deeply connected to the people and the passions in our lives.

What brings you true, unapologetic, beautiful bliss?  
What memories evoke the best of your love, your happiness, your deepest connections to your favorite people?

### FALL

When we're busy enjoying Summer, we don't notice the small doubts or worries creeping in - that's Fall, signaling Winter is on its way if we don't course correct.

What ways do you know Fall has crept into your life, bringing a new chill and sharper mental or verbal chatter?

### CROSSROADS

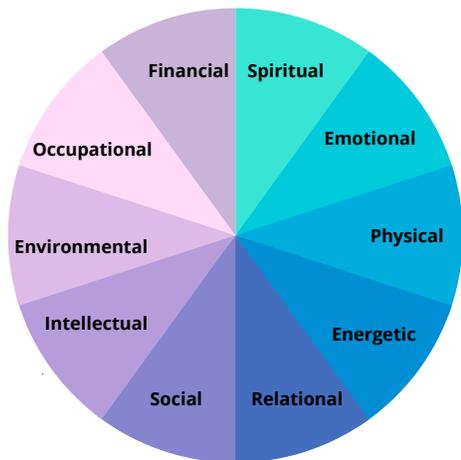
In every interaction, with every thought, we face a choice: do we take the path to Winter and fight, fear, or fall under the weight of anger or anxiety? Or do we take the path to Summer, and focus on staying connected to our best self?

What season do you normally pick when you are at the Crossroads?

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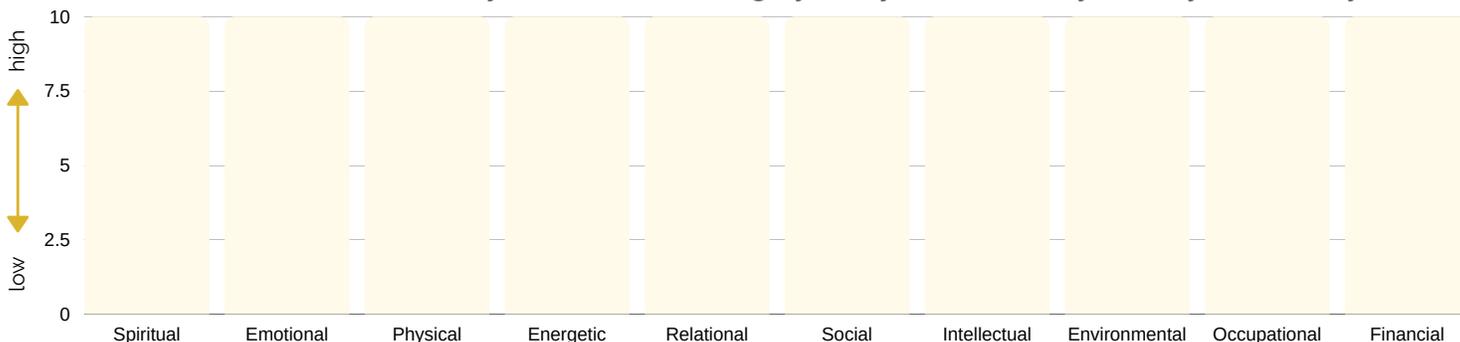
## HOW DO WE LOWER OUR RISK OF WINTER? KNOW THYSELF.

When we are stressed, stretched, and strained, it's easy for Winter to blow into our lives, bringing chaos, conflict and disconnection. We need to know every part of our wellbeing to know what areas need support to keep Winter out.



- Spiritual - meaning, purpose, prayer, meditation
- Emotional - feelings all the feelings, good and bad
- Physical - food sleep, activity, stress, health checkups
- Energetic - mindful, presence, clearing blocks, in flow
- Relational - strong bonds, deep intimacy with life partner
- Social - healthy connection to family, friends, community
- Intellectual - learning, managing time, reaching goals
- Environmental - interactions in our space, nature
- Occupational - using our talents and skills in work
- Financial - earning, spending, saving money

Look at the chart below. Assess yourself in each category, rate yourself where you feel you are today.



If you are low in an area of wellness, here are some suggestions to bring you back to your Summer self.

- Spiritual - meditate on your own or with guided visualizations, look for miracles, pray, practice gratitude daily.
- Emotional - journal without censoring, set boundaries around time and energy, allow time to create and dream.
- Physical - drink more water, prioritize sleep, move your body in ways that make you feel strong, powerful, beautiful.
- Energetic - release old grudges, know how to raise your vibration through music, movement, and love activities.
- Relational - plan date nights and talk about hopes, dreams, fears, desires - but not kids and work. Nurture intimacy.
- Social - engage in enjoyable activities with friends, plan on fun and fulfilling gatherings with people you like and love.
- Intellectual - read books and articles to stretch your knowledge and understanding, visit a museum.
- Environmental - talk walks in nature and spend time forest bathing, beach-combing, sunset watching, animal tracking.
- Occupational - aim to use your talents, skills, abilities, interests and experience for professional growth.
- Financial - know your spending and saving habits, and save more than you spend, develop healthy money relationship.