



## Seasons Change

### Objectives

As the seasons change, it is a natural time to pause and reflect. Use this layout chart to reflect in a simple way and to clarify what you want to focus in this upcoming cycle.

### Pause

Take a moment to breathe deeply and close your eyes. Feel where you are with yourself.. When ready, open your eyes and embark on this new season with clarity and focus

### Expanding

Choose 3 cards, face up or face down, and place them on the chart. Answer each question in relation to the photo and word on each card. If stuck we always invite you to go to the book of the tool for more inspiration.

### Focus and action

Write down your main insights, observations and 3 actions that will move you. One for today, one for next week and one for the upcoming month.

### [ 2 ] What do I need to let go of now?

My Card:

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### [ 1 ] Where am I out of balance in my life?

My Card:

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### [ 3 ] What do I want to invite to my life now?

My Card:

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