



YOUR SEASONAL RESET

Quarterly Life Reviews for Cyclical Living

"Nature doesn't hurry, yet everything is accomplished."



Your Premise: The Cyclical Life



The problem with linear goal-setting: New Year's resolutions fail because they ignore natural rhythms. Life moves in cycles—not straight lines.

The Four Energies:

- **Germination (Spring)** — *Seeds planted in darkness; potential stirs below the surface.*
- **Flourishing (Summer)** — *Full expression; energy peaks; visibility and growth.*
- **Harvesting (Autumn)** — *Claiming what was grown; releasing what no longer serves.*
- **Dormancy (Winter)** — *Rest, roots, and renewal; the quiet before the next cycle.*

Current season: _____

Current moon phase (optional): _____

What I observe in nature right now: _____

Spring Reset (Equinox—Planting)



Metaphor: What seeds am I planting? What needs sunlight after winter dormancy?

What am I germinating?

What soil needs tending before planting?

What “frost” am I waiting to pass?

EXTRACTION BOX

What is ready to grow?

Summer Reset (Solstice—Flourishing)



Metaphor: What is in full bloom? What needs watering? What requires shade?

What is flourishing that I should celebrate?

What is consuming all my energy (photosynthesis check)?

Where do I need shade or rest?

EXTRACTION BOX

What requires my full sunlight right now?

Autumn Reset (Equinox—Harvest/Shedding)



Metaphor: What is ripe for harvest? What needs composting? What is falling away naturally?

What “fruit” have I grown that I should claim?

What is composting (turning to nourishment)?

What leaves need dropping?

EXTRACTION BOX

What must I let fall?

Winter Reset (Solstice—Dormancy/Rooting)



Metaphor: What needs to go underground? What roots am I strengthening in the dark?

What needs rest, not improvement?

What roots (foundations) need tending?

What dreams am I gestating in darkness?

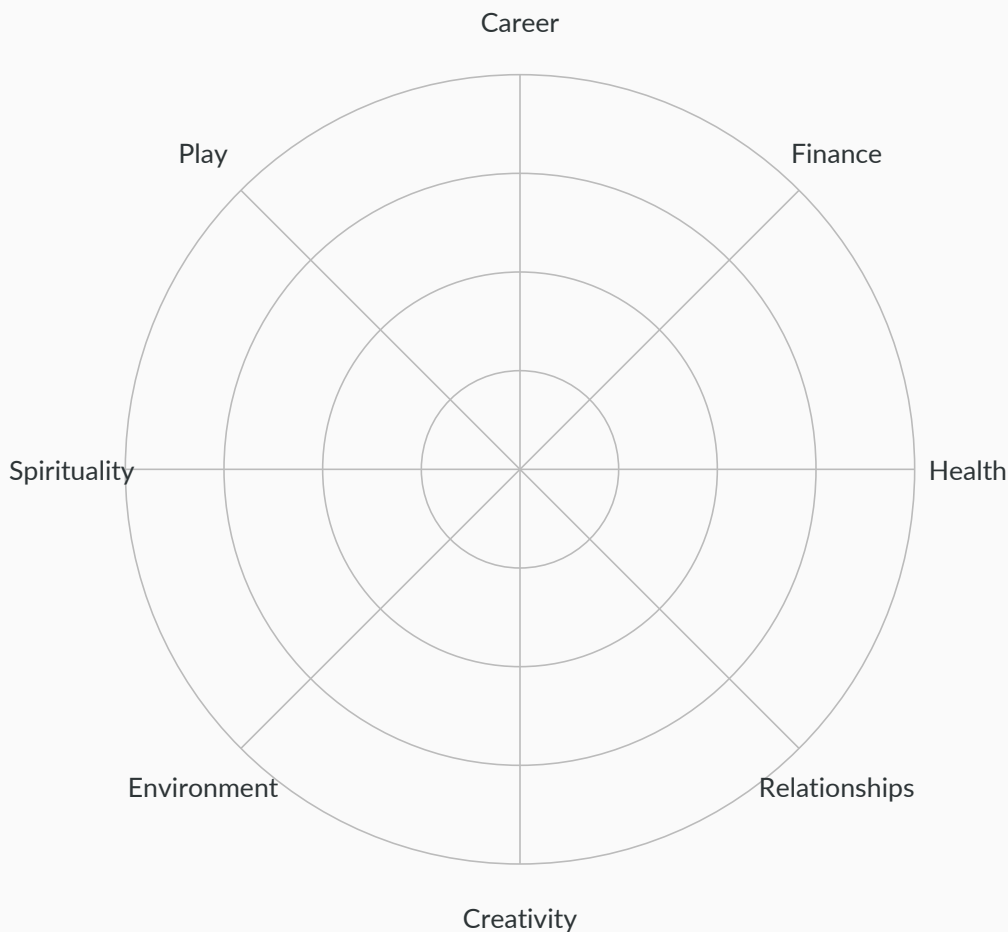
EXTRACTION BOX

What is asking for dormancy, not deletion?

Your Wheel of Life (Seasonal Assessment)



Rate each area 1-10 for this season specifically (not "overall life")



EXTRACTION BOX

Which area feels "out of season" with the rest?

Your Transition Ritual



For life pivots: job changes, moves, endings and beginnings.

The "Threshold" visualization: Standing in the doorway between what was and what is becoming.

What I am leaving behind:

What I am stepping into:

The gift I carry across:

EXTRACTION BOX

How do I want to be changed by this transition?

Your Nature Metaphor Inventory



Choose your current life phase metaphor:

- Seed** – *potential, not yet visible*
- Sprout** – *fragile, needs protection*
- Sapling** – *growing, establishing roots*
- Mature Tree** – *bearing fruit, providing shade*
- Decaying Log** – *nourishing the next cycle*

Notes on your chosen metaphor:

EXTRACTION BOX

If my current challenge were a weather pattern, it would be:

(Storm, Drought, Thaw, First Snow, Fog...)

Your Compost List



For Autumn/Winter, or use whenever needed.

What failed? / What ended? / What disappointed?

Reframe: How does this decompose into nourishment for the next cycle?

EXTRACTION BOX

What "failure" is actually fertilizer?

Your Germination List



For Winter/Spring.

What is underground but alive? / What hunches or intuitions am I tending?

The “root cellar” inventory: Resources stored for the growing season

EXTRACTION BOX

What is growing that I cannot yet see?

Your Quarterly Review Template



What worked this season? (Harvest)

What didn't work? (Pruning)

What surprised me? (Wild growth)

What do I need going into next season? (Preparation)

EXTRACTION BOX

One word for this past season:

Your Seasonal Intention Setting



Unlike New Year's resolutions, these are "seasonal experiments" – orientations, not goals.

Intention 1

This season, I tend to: _____

This season, I release: _____

Intention 2

This season, I tend to: _____

This season, I release: _____

Intention 3

This season, I tend to: _____

This season, I release: _____

EXTRACTION BOX

What is non-negotiable this season?

Your Calendar Integration



Next solstice/equinox date:

My next Seasonal Reset is scheduled for:

Transition buffer days I'm blocking:

EXTRACTION BOX

When is my next Reset?

(Write it down. Make it real.)

Your Nature Connection



Optional localization – for Pacific Northwest or any nature-connected practice.

What is happening in the watershed/nature right now?

(e.g., salmon returning, mushrooms fruiting, snow melting, first blossoms)

How does my inner season mirror the outer season?

EXTRACTION BOX

What is nature teaching me right now?

Your Ritual Closing



Physical ritual options:

- Burying written intentions in soil
- Burning a release list in a fireproof bowl
- Planting bulbs or seeds as an act of intention
- A long walk in nature with no phone
- Preparing a seasonal meal as ceremony

Your “Closing of the Quarter” ceremony – notes and reflections:

EXTRACTION BOX

Your ritual to mark this transition:

Year-at-a-Glance Tracker

Visual overview of your annual cycle – one-line summary per season.

SPRING

One-line summary:

SUMMER

One-line summary:

AUTUMN

One-line summary:

WINTER

One-line summary:

Emergency Seasonal Check-In



"I feel out of sync with the season" – troubleshooting guide.

Forcing summer energy in winter

Signs of burnout, over-extension, inability to rest.

Hibernating in spring

Signs of stuckness, avoidance, fear of new beginnings.

Skipping harvest

Never celebrating wins; rushing to the next thing.

EXTRACTION BOX

What season am I actually in vs. what season am I trying to force?

Your Nourished Cycle Principles



1. I honor dormancy as much as productivity.
2. I harvest before I plant again.
3. I recognize that growth is cyclical, not linear.
4. I allow what needs to die to compost into new soil.
5. I trust the pace of nature over the pace of culture.

I commit to living in rhythm with the seasons.

Signature: _____

Date: _____

Your Instructions for Use



- **Print 4 copies per year**

Or use digitally with a tablet and stylus.

- **Best timing**

The week of each solstice or equinox: March, June, September, December.

- **Pair with a physical ritual**

A walk in nature, a seasonal meal, or a quiet morning with tea.

- **Choose your seasonal page**

Use the Brain Dump page (pp. 3–6) that matches your current quarter.

- **Use the Extraction Boxes**

These are your key insights. Return to them throughout the season.

May your seasons be deeply felt and your cycles fully honored.

