



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. You cannot harvest all year round.

The four energies:

- **Germination** (Spring) - Planting seeds, early growth
- **Flourishing** (Summer) - Full bloom, high energy output
- **Harvesting** (Autumn) - Reaping rewards, letting leaves fall
- **Dormancy** (Winter) - Rest, going underground, root building

Current season: _____

Current moon phase (optional): _____

What I observe in nature right now: _____

Your 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?

Your 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/rest?

EXTRACTION BOX

What requires my full sunlight right now?

Your 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?

Your 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?

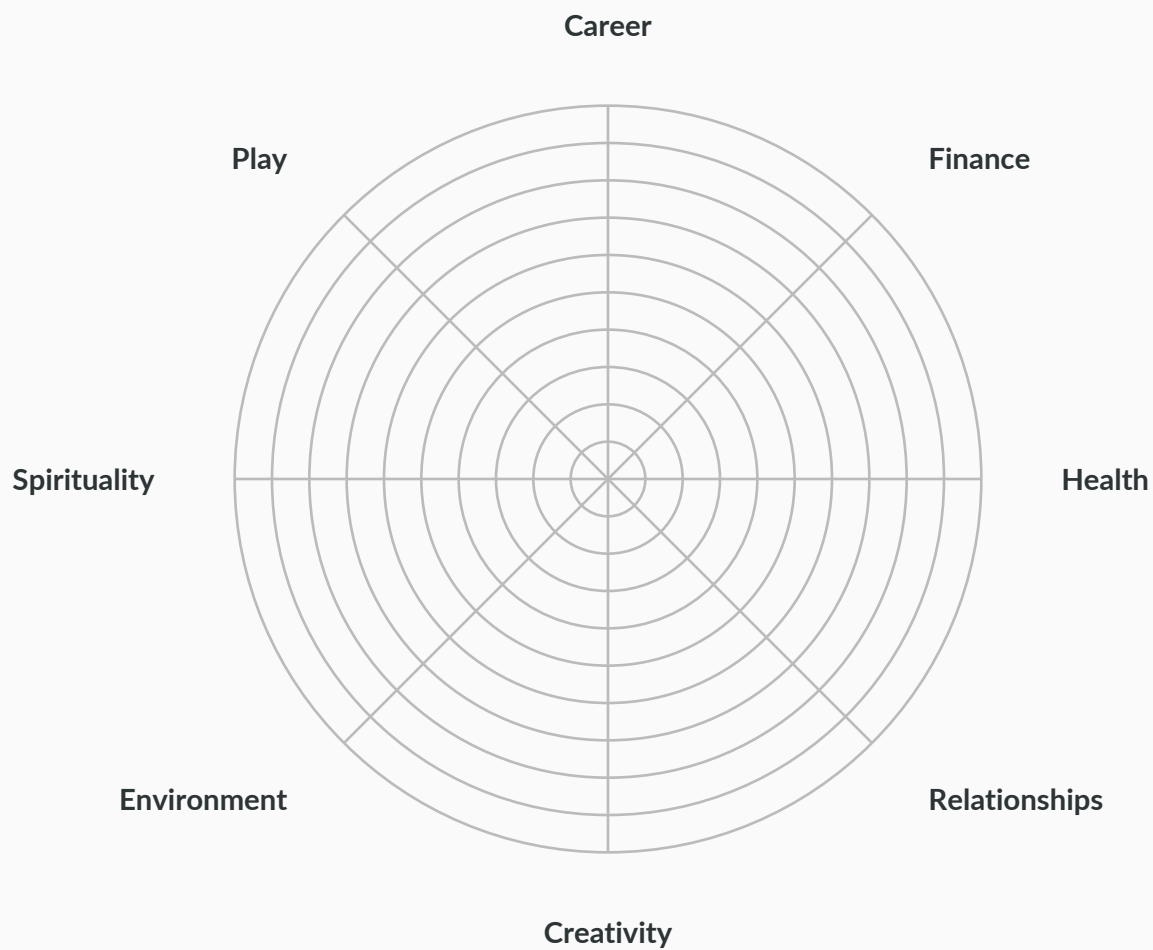
EXTRACTION BOX

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 quadrant feels "out of season" with the rest?

Your Transition Ritual



For life pivots (job changes, moves, endings/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)*
- Mature tree** *(bearing fruit, providing shade)*
- Decaying log** *(nourishing the next cycle)*

EXTRACTION BOX

If my current challenge were a weather pattern, it would be (Storm, Drought, Thaw, etc.):

Your Compost List



(Only for Autumn/Winter, or use as 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



(Only for Winter/Spring)

What is underground but alive? / What hunches/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



Map the next quarter's solstice/equinox date:

Schedule your next Seasonal Reset (put it in calendar now):

Block "transition days" (the buffer between seasons):

EXTRACTION BOX

When is my next Reset? (Make it real):

Your Nature Connection



(Optional Localization for Nature-based living)

What is happening in the local watershed/environment right now?

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 intentions in soil, burning release lists, planting bulbs, walking in silence.

The “Closing of the Quarter” ceremony (even if alone):

EXTRACTION BOX

The ritual I will perform to mark this transition:

Your Year-at-a-Glance Tracker



One-line summary for each past quarter to view your annual cycle.

Spring

Summer

Autumn

Winter

Your Emergency Seasonal Check-In



“I feel out of sync with the season” troubleshooting:

- **Forcing summer energy in winter**
(leads to burnout)
- **Hibernating in spring**
(leads to stuckness)
- **Skipping harvest**
(never celebrating or acknowledging growth)

EXTRACTION BOX

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

Your Nourished Cycle Principles



- I honor dormancy as much as productivity.
- I harvest before I plant again.
- I trust that growth happens even when it is underground.
- I cannot be in full bloom all year round.
- I align my output with the energy of the season.

Signature: _____

Date: _____

Your Instructions for Use



How to use this workbook:

- Print 4 copies per year (or use digitally with a tablet).
- Best times: Week of solstice/equinox (March, June, September, December).
- Pair with a physical ritual (walk in nature, seasonal meal, etc.).
- Keep it visible throughout the quarter as a reminder of your seasonal intention.