

# CURRENT SEASON

Observing the season you're in right now will help you tune in to the cycle of seasons as they happen. Try filling in a "Current Season" worksheet every few weeks or months so you can record what's really happening around and inside you, rather than relying on memories and cultural frameworks.

- EXAMPLE -

Season: Bitter Dead of Winter  
(description or working title)



Activities you associate with this season:

- shoveling snow
- o cross-country skiing
- reading long books
- o cross-stitch
- snowball fights
- origami
- o sledding
- making soup
- movies at home

Indicate above:

- o activities you've actually seen people do in this season
- activities you personally do in this season

(Possible)

Markers of this season's beginning

Icicles become longer than my fingers

Holiday glow is GONE

I finally dig out the very warmest thing I own but have been too lazy to find until now

I can't remember my New Year's resolutions

For any activity that could conceivably be optional, I find myself calculating if leaving the house is worth it

(Possible)

Markers of this season's end

I start to get out of bed without struggling or having to bribe myself

I get a little burst of energy for no apparent reason

Mud becomes just as likely to get tracked in as snow

The forecast may actually have some bearing on how much I bundle up

Tastes

Melty cheese  
Hot chocolate  
Cinnamon lattes  
Gnocchi

Sounds

Snowplow going by at 5am  
Snoring cats

Smells

Candle wax  
Heat register

Textures

Crunchy snow  
Slushy snow  
Hard, glassy ice  
Fuzzy fleece blankets



If I were to fully and joyously embrace this season, what might that look like?

Hot beverage ritual morning and evening

Backyard SNOWlympics

Family read-aloud book

Dance aerobics class

Bingeing podcast miniseries while doing jigsaw puzzles

Weekly fire

Finding and stocking up on chapstick and lotion I love

Making biscuits

Simple progressive physical challenge - like planks or splits

Language learning

Sparkly faux-fur-lined boots

An epic fantasy series to immerse myself in each year

Ice skating - watching AND doing

Wearing a CAPE

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(description or working title)

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- activities you personally do in this season

(possible)  
^ Markers of this season's beginning

(possible)  
^ Markers of this season's end



*When you enter something that feels like a new season, do another one of these worksheets to help you observe it as you live it!*

# SEASON



Tastes

Sounds

Smells

Textures



If I were to fully and joyously embrace this season, what might that look like?