



# CURRENT

Season: \_\_\_\_\_  
(description or working title)

Activities you associate with this season:

- 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

(Possible)  
^ Markers of this season's end

# SEASON

Tastes

Sounds

Smells

Textures



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



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!