

## WORKSHEET 1

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# Naming Your Season

*Identify which emotional stage of transition you are currently in*

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### PURPOSE

Most people in transition struggle to name what they are experiencing. This worksheet helps you identify your season clearly — so you can stop fighting it and start navigating it with intention.

### PART 1 — NOTICE THE SIGNALS

Check every statement that feels true for you right now:

- Something in my life feels like it needs to change, but I cannot name what it is
- I have been thinking about a major decision for months — maybe years
- I feel a growing restlessness or dissatisfaction that I cannot explain
- My current situation no longer fits the person I am becoming
- I feel pressure from outside to make a decision I do not feel ready for
- I find myself imagining different circumstances or a different life
- Small decisions feel harder than they should right now
- I am aware that something significant is shifting, even if I have no words for it
- I feel a sense of being 'done' with something I cannot yet name
- I am having difficulty sleeping or feel a low-level anxiety I cannot explain

### What your score means:

1–3 checked: You are at the very beginning of awareness. Be patient with yourself.

4–6 checked: You are in active transition. You know something needs to change.

7–10 checked: You are deep in the season of awareness. This book was written for exactly where you are.

**PART 2 — REFLECTIVE QUESTIONS**

Take your time with each question. There are no right answers — only honest ones.

*What is the change I have been avoiding thinking about?*

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*What would I do if I trusted myself completely right now?*

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*What am I most afraid of losing if things change?*

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*What would staying exactly as I am cost me over the next five years?*

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**PART 3 — YOUR CLARITY STATEMENT**

Complete this sentence in your own words:

I am in the \_\_\_\_\_ season of my life, and what this season is asking of me is:

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I do not need to rush this decision. I need to:

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Book 1: Situation is available on Amazon. Books 2–5 coming soon.