

WORD OF THE SEASON

Over
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GUIDED EXERCISE



SEASONAL INTENTIONS

Setting seasonal intentions is designed to help you make empowered choices.

That is to say both to **make more choices in your life** and to **make choices that are more empowered.**

You have a say in your life. There is so much that we can intentionally select in creating our reality. What comes into our cupboards and wardrobes, what we put into our bodies, the people with whom we spend our free time, the gifts we give, how we worship, the thoughts we focus on. Clutter is a choice. anger is a choice, resentment is a choice. So are spaciousness, flexibility, laughter, compassion, tenderness, and resilience.

Many of us are on achievement autopilot and we may not even be conscious of it. Having goals isn't a bad thing but sometimes we can lose sight of why we have set them. We can be so focused on the outcome that our misplaced determination drowns out critical signals - from our instincts or from the people around us who can see more objectively. If we plod on no matter what, warnings that it's time to take care of ourselves or change direction can go totally unheard until the blare of frustration or fatigue gets our attention.

WHY?

GOALS VS INTENTIONS

Intentions and goals are tools for liberation. but when we use goal chasing like a hammer, it can beat up on our self-esteem, relationships and creativity.

One of the problems with traditional goals, and why they can make us feel a bit “meh!”, is they only address one level of our life:

The DO level.

They are firmly planted in the DO-BE-HAVE model...

“I will DO this thing...” (lose weight)

“... so I can HAVE this other thing...” (a slimmer body)

“...and then I can BE this thing.” (confident)

What if we switched the model around to **BE-DO-HAVE?**

By starting with the BE level, how you want to feel, the DO level and HAVE level will follow much more easily. You may also find yourself going after different things or going after things in a different way.

WORD-OF-THE-SEASON

The Word-of-the-Season practice dives right in at the BE level. When you choose a word to guide you through the season, it becomes your touchstone.

It reminds you not just what you want to DO but also of who you want to BE. It can help you make small improvements to your being and your life, on a daily basis.

Choosing a word is tapping into intention which is incredibly powerful. Goals are fine but they often come from our minds and, as such, can be motivated by lots of “SHOULDs.” They are task items waiting to be checked off which means they are rarely inspiring and have little motivation to offer after a week or so.

A word however contains energy, images and meaning. Things our hearts and souls can get excited about.

Some people know instantly which word resonates with them. for others, a little contemplation or inspiration is needed.

I WANT TO FEEL...

| | | |
|-----------------|---------------|--------------|
| ABUNDANCE | DESIRE | LIGHTNESS |
| ACCEPTANCE | DISCIPLINE | LOVE |
| ACCOMPLISHMENT | EASE | MAGIC |
| ACKNOWLEDGEMENT | EFFECTIVENESS | MINDFULNESS |
| ADVENTURE | ELATION | NOURISHMENT |
| ANTICIPATION | ELEGANCE | OPENNESS |
| ATTENTION | EMPATHY | PATIENCE |
| AWE | EXCITEMENT | PEACEFULNESS |
| BALANCE | FREEDOM | PLAYFULNESS |
| BLESSING | FULFILMENT | POWER |
| BOLDNESS | GENEROSITY | PRIDE |
| BRILLIANCE | GENTLENESS | RESTFULNESS |
| BOUNTIFULNESS | GRACE | ROMANCE |
| CALM | GRATITUDE | SAFETY |
| CAPABILITY | GROUNDEDNESS | SATISFACTION |
| CLARITY | HARMONY | SENSUALITY |
| COMPASSION | HOPE | SERENITY |
| CONNECTION | INSPIRATION | SPONTANEITY |
| CONTENTMENT | JOY | SPIRITUALITY |
| COURAGE | KINDNESS | VITALITY |
| CREATIVITY | LIBERATION | WARMTH |

WRITE THE WORD (OR WORDS) YOU ARE CONSIDERING FOR THE COMING SEASON:

WHY DO YOU THINK THIS IS A GREAT WORD FOR YOU THIS SEASON?
(IF YOU CHOSE MORE THAN ONE, ANSWER FOR EACH WORD.)

IF YOU EMBODIED THIS WORD DAILY, WHAT WOULD BE DIFFERENT FOR YOU IN AN
AVERAGE DAY?

HOW DO YOU ALREADY LIVE/EMBODY
THIS WORD?

HOW DO YOU NOT ALREADY LIVE/EMBODY
THIS WORD?

LIST THREE THINGS YOU COULD CREATE OR ATTRACT THIS SEASON IF YOU LIVED THIS
WORD DAILY ...

1.

2.

3.

WHAT OBSTACLES MIGHT STOP YOU FROM LIVING THIS WORD?

HOW COULD YOU OVERCOME THEM?
WHAT HELP OR SUPPORT MIGHT YOU NEED?

LIST FIVE HABITS OR PRACTICES YOU COULD INCORPORATE INTO YOUR LIFE TO EMBODY
THIS WORD MORE FULLY.

1.

2.

3.

4.

5.



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