



Flow to Self

a path to authentic living

Seasonal Check-In

a moment to realign with the season you are in

Our energy, mood, and needs can shift with the seasons. This is an invitation to notice those shifts without judgment, and tune into what helps you feel most supported right now.

Current Season _____

Reflection

How is this season affecting me?

(energy, mood, social needs)

What practices feel nourishing in this season?

(rest, play, movement, commitments)

What practices or small comforts does this season invite?

(restorative yoga, walks, hot tea, leaf rubbings, swimming)

Is my energy asking me to add more or release something? What could that be?

(rest, play, commitments)

What can I do now to prepare for what's ahead?

(find a cozy robe, chop firewood, clear a space)

Creative reflection:

Draw a symbol, color, or simple image that feels like this season.

Imagine this season supporting you well.
What would it look like?

What am I already grateful for in this season?

- 1.
- 2.
- 3.
- 4.
- 5.

Return to this check-in each season and notice what shifts. Over time, you may begin to recognize your own seasonal patterns and needs