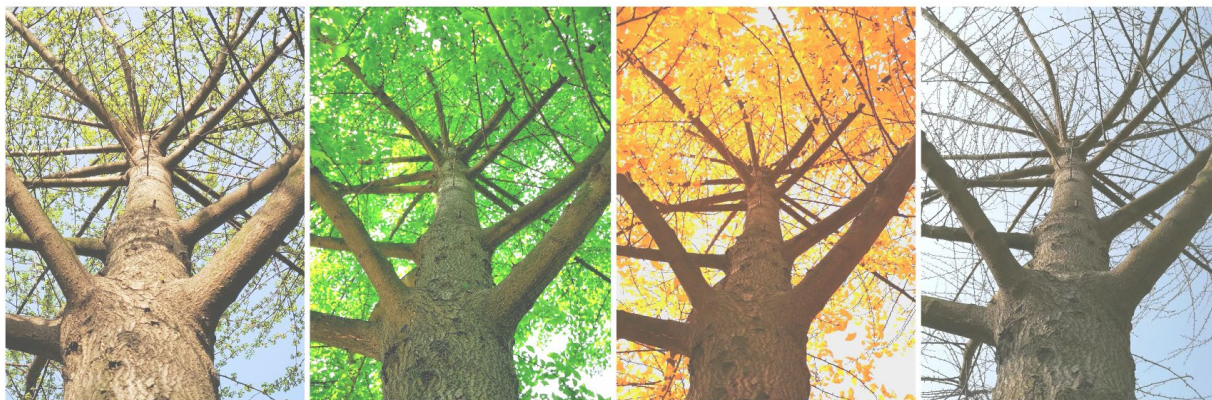




Seasons of Life Worksheet



We experience different seasons across various parts of our lives — personal, relational, and professional. You might be in Spring in your business, yet in autumn in your parenting. Or perhaps Summer in your job, but Winter in your studies. Each season has its own rhythm, purpose, and invitation.

This worksheet will help you notice, reflect, and realign with your current season.

You can use it for journaling or explore your reflections further using an AI thought partner.

Using the summarized descriptions on the back page, think about what season you're in within each sphere of life:

- Personal
- Relational
- Professional

AI Prompt:

Act as a personal coach. I want to identify the season I am in for each sphere of my life – personal, relational, professional. [\[Copy/paste the descriptions from the back page...\]](#)

Ask me questions, one at a time, to help me determine which season I am in for each sphere. When I've answered enough for you to help me confirm the season, give me that summary, before moving to the next sphere.

Reflect on your current season and for each sphere, use these questions to deepen your understanding:

- What are your current responsibilities or priorities?
- How is your energy and focus right now? Does it align with the season?
- What feels life-giving vs. draining? Is this a seasonal mis-match? (*i.e. spring energy during a winter season*)
- What lessons or themes seem to be repeating? What can I learn from that to thrive in this season?

AI Prompt: [\[continue in the same chat\]](#)

Next, for each sphere of my life, ask me questions to help me identify: 1. If my priorities are correct for the season I'm in. 2. If my energy and focus align. 3. How to identify any stressors or energy draining concerns as a result of a seasonal mis-match.

Now consider how you can adapt your priorities and actions to align with your season:

- What routines or expectations need to shift?
- What do you need to let go of?
- What's one small thing you can do to honor this season?

AI Prompt: [\[continue in the same chat\]](#)

Next, for each sphere of my life, help me identify: 1. Routines or expectations that may need to shift. 2. What I need to let go of? 3. One small thing I can do to honor this season.

Every season changes. As you prepare for what's next, focus on gratitude, growth, and grace for where you are:

- What might preparation look like for the next season?
- What truth or scripture could anchor you here?

AI Prompt: [\[continue in the same chat\]](#)

When we are done, give me a summary to apply and a few affirmations or Bible verses that remind me to stay grounded in this season of life.

Life's Seasons - Descriptions

Spring — New Beginnings

Spring is a season of courage, curiosity, and planting. You're starting something new — a project, a relationship, a way of thinking. It's the time to take risks and dream boldly, even if the outcome isn't certain yet.

Summer — Growth and Momentum

Summer brings long days, full schedules, and visible growth. There's energy and motion — but also the need for consistency and care. Growth requires endurance, not just enthusiasm. Summer is the time for grit and commitment.

Autumn — Reflection and Release

Autumn invites us to pause and notice what's ready to harvest — and what's ready to fall away. You might be reaping the rewards of earlier effort or realizing that some things have run their course. This is a time to build on what's working and shed what's not.

Winter — Rest and Renewal

Winter can feel quiet or even barren. Roots grow stronger in hidden soil. What looks lifeless is often preparation for spring. Your Winter will teach you patience and perspective, when you allow it to.