

Start Looking Forward To The Next 12 Months

According to Z. Colette Edwards, known as “The Insight Doctor,” we’re more in-touch with certain emotions and emotional activities depending on the time of year: “When one looks across many cultures and healing traditions, a common theme emerges: the benefit of being in the flow of the seasons and nature’s cycles.”* Each season lends itself to different moods and priorities. If you plan around these trends, your wellbeing may stay more stable through the changing seasons. And, you will always have something to look forward to.

Season	Positive Emotion It Will Be Easy To Feel	Challenging Emotion It Will Be Easy To Feel	Emotional Theme Of The Season	How You’ll Leverage This Season’s Theme
Winter	Calm	Fear	Stillness and conservation of energy	
Spring	Sensitivity	Anger	Growth	
Summer	Happiness	Hate	Flourishing	
Late Summer	Thoughtfulness	Anxiety	Change and transformation	
Autumn	Courage	Sadness	Reaping what you have sown	

Also, ask yourself: “Are there anniversaries of certain life events that tend to trigger me?” Make sure to account for those feelings in your plans.

Stay conscious of each season’s positive emotions, and make a conscious effort to challenge the more difficult feelings that may arise. Honoring Late Summer’s thoughtfulness might mean adopting a morning meditation practice. Challenging the season’s anxiety might mean attending social events that scare you. Another example: challenging hate might mean consciously forgiving someone who has wronged you.

*This worksheet is inspired by concepts in [Be Less Stressed](#) by Z. Colette Edwards, aka “The Insight Doctor.”