SECTION 1: EXERCISES

One: Starting to Develop Your Seasonal Rhythm

1. Pick something in your life that you already do with consistency, that you'd like to adapt and include in your seasonal rhythm (e.g. a mealtime).

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2. What about it is (or could be) consistent? Location? Time? Or would you like the ritual to be the consistent element?

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3. How could you make this moment meaningful? List as many ideas as you like.

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4. Which of the above is most appropriate for the current season?

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5. Complete the following:

Season: .....

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Action: .....

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Consistent element: .....

+

Making it meaningful: .....

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Your first step to creating your seasonal rhythm!

6. How might you adapt the above for other seasons?

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If you're struggling, see some examples of my summer rhythm in Section 2.

Two: Creating Your Own Seasonal Rhythm

Create two more elements of your rhythm for this season, or the season ahead. You can, of course, repeat this process as many times as you like.

Season: .....

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Action: .....

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Consistent element: .....

+

Making it meaningful: .....

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Your second step to creating your seasonal rhythm!

How might you adapt the above for other seasons?

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Season: .....

+

Action: .....

+

Consistent element: .....

+

Making it meaningful: .....

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Your third step to creating your seasonal rhythm!

How might you adapt the above for other seasons?

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