WHAT SEASON AM I IN?

A Reflection Guide for Navigating Life's Transitions

LIFE CHANGES. SEASONS CHANGE. YOU CAN TOO.

Every transition carries an invitation. Sometimes it is an invitation to release what was, rediscover who you are, and become intentional about what comes next. Use these questions to slow down, reflect, and identify the season you are actually in.

1. NAME THE SEASON

What season of life are you currently experiencing?

Examples: beginning, ending, waiting, rebuilding, grieving, discovering, growing, starting over.

What has changed in your life that you did not expect?

2. HONOR WHAT YOU ARE LEAVING

What do you need to acknowledge, grieve, release, or stop carrying into your next season?

Remember: **Releasing is not the same as giving up.** Sometimes it is how we make room for what is next.

3. DISCOVER WHAT THIS SEASON IS TEACHING YOU

What have you learned about yourself through this transition?

WHAT SEASON AM I IN?

Continue Your Reflection

4. RECLAIM WHAT MATTERS

What part of yourself, your purpose, your voice, or your dreams do you need to reclaim?

5. REIMAGINE WHAT IS POSSIBLE

If you stopped defining your future by what you lost, what could you begin to imagine?

What would a fulfilling next season look like for you?

YOUR NEXT-SEASON CHECK-IN

RISE	RESET	RECLAIM	REIMAGINE™
Get back up.	Pause and realign.	Take back what matters.	See what is possible.

ONE COURAGEOUS NEXT STEP

What is one thing you can do in the next 7 days that moves you forward?

"You may not have chosen this season, but you can choose how you move through it."

A FINAL REFLECTION

Complete this sentence: **In this next season, I am ready to _____.**

EVELYN JOHNSON-TAYLOR

Speaker • Author • Theology Professor • Identity & Resilience Strategist

Rise • Reset • Reclaim • Reimagine™

For more resources on thriving through life's transitions, connect with Evelyn Johnson-Taylor.

www.evelynjtaylor.org