

SEASONS PAST

PART II



Worksheet 5

Our lives often unfold in seasons, extended phases defined by a central focus. They may be the years of study, the period of raising children, the building of a business or pursuing a career, or the transition into retirement. Before you begin, pause for a moment to center yourself.



Looking back over my life, what major seasons can I identify so far?

Give each season a title that captures its central focus, and note the approximate years each one began and ended. Think in broad arcs—student years, raising children, building a career, travel, or other significant pursuits.



What were the key lessons I learned or the qualities I developed in each of those seasons?

Think in terms of practical skills and knowledge, as well as inner qualities that emerged during each period.



Who were the major actors in each of those seasons?

Recall those whose presence influenced you—mentors, partners, colleagues, family members, friends, even challengers.



Recall an outstanding episode in each season that best captures its spirit.

Choose a moment that stands out as a turning point or a vivid memory.



Looking at these seasons as a continuum, can I find one or more threads that seem to run through all of them?

Notice recurring themes that seem to weave through different seasons, threads that may be pointing to an underlying theme of this lifetime.
