

THIS SEASON

PART II



Worksheet 6



What is the central theme or purpose of my current season?

Consider the main focus that is drawing most of your attention right now—personal growth, family life, career transition, deepening spiritual practice, healing, retirement, or another aim that defines this period. What title would you give this season?



In what ways does this season feel connected to the flow of my life so far?

Notice whether it continues patterns from earlier seasons, fulfills a long-held aspiration, or represents a new direction.



Who are the major actors in this season, and how do they contribute to its unfolding story?

Think of the people who are playing a central role in this period—mentors, colleagues, friends, family, supporters, even challengers.



What challenges or tests do I face in this season?

Reflect on inner challenges—patience, courage, clarity—as well as outer circumstances that are shaping your experience.



How has the direction of this season changed along the way?

What were your hopes and ideas at the beginning of the season, and what has caused them evolve?



How far along in the season am I, and when do I hope it will come to my desired conclusion?

Estimate where you are—just beginning, midway, nearing completion—and consider any signs that will tell you this season is drawing to a close.



Continue to the next exercise to explore the storyline of your current episode.