

Acceptance through Seasonal Cycles

Name _____ Date _____

Concept: Nature moves through the predictable cycles of winter, spring, summer, and fall. Each season has a purpose and its own characteristics. By mapping our internal experiences onto these cycles, we can normalize difficult emotions and learn to accept them as part of the natural rhythm of our lives rather than something to resist.

Instructions: Take a few slow breaths. Reflect on a current challenge, emotion, or life situation. Then explore how it might fit within the cycles of nature.

Step 1: Identify Your Current Experience

What thought, emotion, or situation are you currently struggling with?

Step 2: Map Your Experience to a Season

Consider which season best represents your current internal state:

- Winter – *Rest, withdrawal, heaviness, reflection*
- Spring – *Growth, new beginnings, uncertainty, hope*
- Summer – *Energy, activity, expansion, engagement*
- Autumn (Fall) – *Letting go, transition, change, release*

Which season are you in right now? Why?

Step 3: Explore the Meaning of the Season

Every season serves a purpose in nature.

What is the role or value of this season in nature?

How might this apply to your current experience?

What might this season be asking of you (rest, action, patience, release)?

Step 4: Practicing Acceptance

Instead of resisting this “season,” experiment with allowing it.

Reflect:

What happens when you stop fighting this experience?

Can you allow yourself to be in this season without rushing it?

What would it look like to move with this season rather than against it?

Step 5: Observing Change Over Time

Seasons always shift. Think about your thoughts and emotions changing like the seasons as you answer the following questions:

What season were you in a few months ago?

What season do you imagine might come next?

How does remembering that change is inevitable affect your perspective?

Step 6: Mindful Nature Connection (Optional)

If possible, step outside or visualize a natural setting.

What signs of the current season do you notice around you?

How do these observations deepen your understanding of your own experience?
