



Plot Your Course

Create Your Personal Seasons Calendar

Sojourn	Start Date	Sojourn Theme	Define Your Desires
Early Spring		Identity	Who am I becoming?
Mid Spring		Capacity	How can I sustain my capacity to grow?
Late Spring		Awareness	When will I know that I am ready to move on?

Sojourn	Start Date	Sojourn Theme	Define Your Desires
Early Summer		Expression	What aspect of me is asking to be seen or heard?
Mid Summer		Engagement	How can I make engagement more enjoyable?
Late Summer		Satisfaction	Why does this feel purposeful to me right now?

Sojourn	Start Date	Sojourn Theme	Define Your Desires
Early Autumn		Co-Creation	Who can complement my unique contribution?
Mid Autumn		Reflection	Where do I notice a shift in satisfaction?
Late Autumn		Patience	When am I most impatient?

Sojourn	Start Date	Sojourn Theme	Define Your Desires
Early Winter		Reputation	What do I want to be known for?
Mid Winter		Innovation	Where am I inspired to adapt?
Late Winter		Actualization	Why am I here right now?