



Fall Seasonal Planning

The Big Picture

What really matters to you in this season of life? Use this space to name what you're working toward or returning to — the values, priorities, or intentions that feel most alive for you right now.

Big Picture

Looking Back

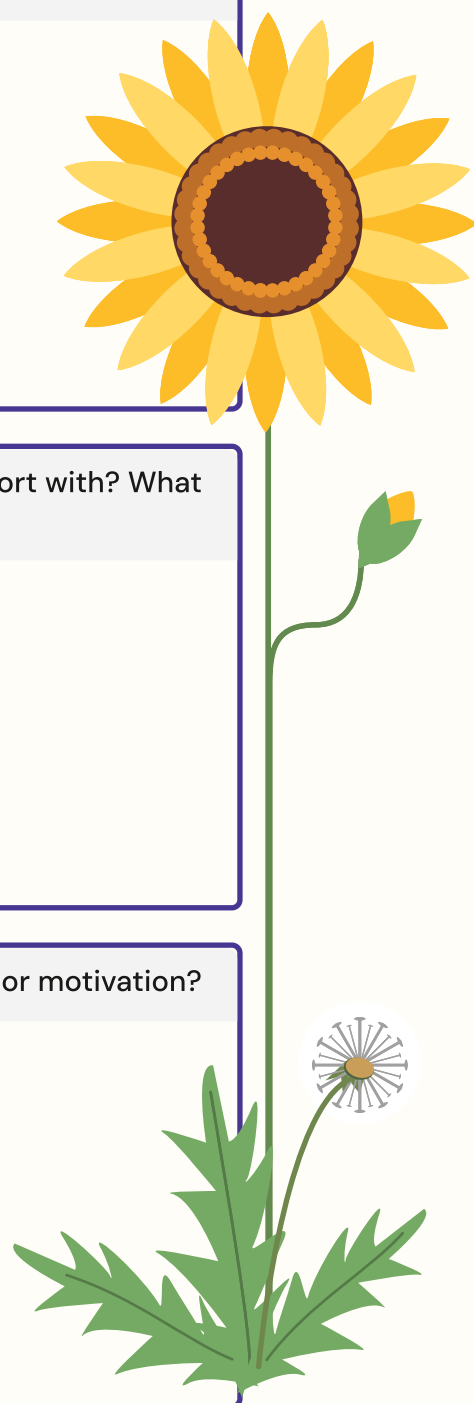
Our first step is to reflect on this past season.

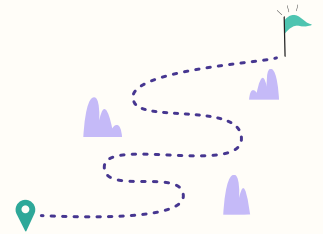
Where to look: Your calendar, camera roll, texts to friends, journals, or Notes. If you're a **focused space** member, you can also review your "Ta-Da List" and worksheets from past Weekly, Monthly, and Seasonal Planning sessions.

Blooms: What were your moments of joy, pride, and/or gratitude?

Weeds: What are some challenges or stresses you could use support with? What is draining, distracting, or getting in the way of progress?

Buds: What is beginning to emerge in your life that gives you hope or motivation?





The Road Ahead

This section is a **brain dump** of all the things that are on your mind for this season. Big dreams, tiny joys, random thoughts — all are welcome! Feel free to reference the 9 dimensions of Wellness at the bottom of the page to kickstart your thinking.

Consider: Holidays, travel plans, special events (like birthdays and anniversaries), and self-care activities (medical appointments, massages, etc.)

Brainstorm



Environmental Wellness

Developing an awareness of the environment that surrounds you, and enhancing your relationship with it.



Social Wellness

Participating in positive social relationships including friends, family, community, and work-groups.



Emotional Wellness

Developing a positive sense of self that is open to and experience a healthy range of emotions.



Intellectual Wellness

Fostering critical thinking, developing moral reasoning, expanding world-views and engaging in education for the pursuit of knowledge.



Occupational Wellness

Engaging in work, volunteering, organizations, or academic endeavors in a manner that provides personal satisfaction and enrichment, and is consistent with your values, goals, and lifestyle.



Creative Wellness

Valuing and actively participating in a diverse range of arts and cultural experiences as a means to understand and appreciate the surrounding world.



Spiritual Wellness

Expanding a sense of purpose and meaning in your life.



Physical Wellness

Taking care of your physical health.



Financial Wellness

Accessing the financial resources and skills that allow you to accomplish your goals.

The Road Ahead: Putting it all Together

After looking at your intentions for this season, your brain dump, and upcoming important dates... it's time to put it all together and set your goals! What are three things you are committed to nurturing this season? You could be planting something new, or continuing to nurture something in your life that has already been growing this year.



Tending to Your Garden

Just as a garden needs attention and patience, your goals need care and reflection to flourish. This section is designed to set us up for success and provide a plan that will guide us throughout this season.



What is the first step towards each of these goals?

Goal	First step(s)	How long will the first step(s) take?	When will I start?

What does progress look like?

Goal	Milestones	How will I track this goal?	How often will I reflect on progress?



Tending to Your Garden

Here are some extra suggestions to keep you on track this season:

- **What do you need to keep your goals top of mind?** Here are some ideas:

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Make your goals visible. Put them somewhere you'll easily see them!

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Put reminders in your calendar to revisit this worksheet (or have it with you at weekly and monthly planning sessions, if you're a **focused space** member!)

- **Plan for low-energy days.** Think of how you can stay consistent with your goals even when you're tired. It might help to ask: *What would this goal look like if it were fun?*
- **Accountability.** What or who in your life can hold you accountable?
- **Anticipate and plan for barriers.** Try this exercise: If *[insert barrier here]* occurs, then I will *[do action here]*.

Use the space below to respond to the questions above, or for additional reflections.

Notes + Reflections



Congrats!

You've planned
your fall, which means you're
well on your way to having a
great season.

If you are a **focused space** member,
we'll see you around the sessions soon!

Appendix: Feelings Wheel

Here is how to use the feelings wheel.

1. Start at the center of the wheel and identify which of the broad emotions (Happy, Sad, Disgusted, Angry, Fearful, Bad, Surprised) you think that you are currently feeling.
2. Then, go out closer to the edges and see how specific you can get.
3. Which emotion is closest to what you are feeling right now? If you're having trouble, try eliminating the ones that you know that you aren't feeling.
4. Then, label it out loud. Say, "I am feeling..."
5. Take a moment to pause and sit with this feeling. Allow yourself to notice how it feels in your body, the thoughts you are thinking, and how it changes as you're paying attention to it.

