

# What Season of Success™ Are You In?

---

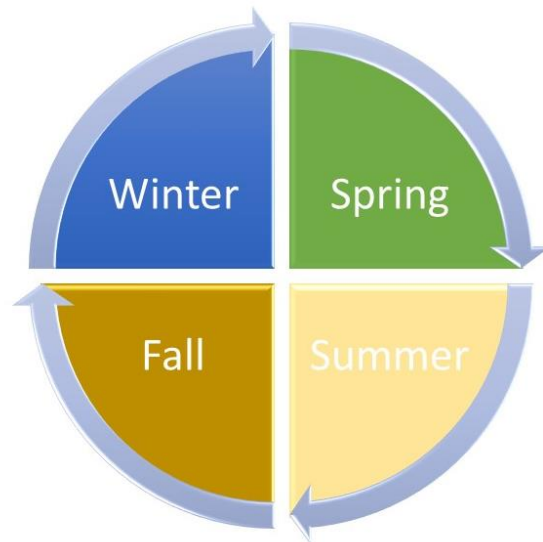
We all have a "*season*." I talk about mine in my upcoming book "Walking into My Season of Success™, which I plan to publish soon. But, when you are trying to accomplish an objective or reach a goal, you may find that you go through a cycle that can be categorized or at the minimum understood, based on a seasonal lifecycle. Now I understand, some countries or region may have less or more than four seasons. So you may need to modify accordingly. The key focus is that you have a winning season, and a losing season. What you do in each determines the success of the next cycle.

**WINTER:** the season of work, planting, and creating purpose or goals. This is the beginning of the process. Winter is about the work you put in and the planning for the future—even your next winter cycle! During this time you are implementing change. You may find that people and behaviors begin to fade from your circle, as you transform to create positive energy around your goals. This can be a season of the most struggle and failures, as you are getting started and go through trial and error. It can be hard and cold and you need to be tough to weather the winter.

**SPRING:** is the season of nurturing your goals, completing tasks, pruning, weeding, and seeing new growth. This is where you see some progress. There may be ebbs and flow, rain and sun, and mixed conditions as you tweak plans and finetune your ideas. You may discover new supports, resources, and learning lessons. You are starting to see your patterns as behaviors are reinforced. Your experiences aren't as rough. Spring is the cycle of catching your groove, understanding the process and seeing signs of "life" in your actions. You are growing and developing towards where you want to be.

**SUMMER:** is the season of maturity and contentment. Your intense efforts from winter and spring are slowing down. Your goals and actions have a consistent groove, now. Things feel easier. You know your place and what you need to do. There is a level of comfort, confidence and assuredness. You may also reach a lull or plateau. But, you feel really relaxed and in a good place.

**FALL:** this is your season to harvest. You begin to reap what you sowed in the other seasons. You enjoy the fruits of your labor. This also begins a new cycle of preparation and reevaluation for the next goal or mission you want to accomplish. You start to till for the next season. You begin to collect seeds from your harvest to reinvest, you store up your supplies, and sharpen your tools to create again as you prepare for winter---after all, winter is coming!



**ACTIVITY:** Reflect on the seasonal descriptions discussed. Write/journal, video log, or mediate on:

1. What season of success do you think you are in right now?
2. What season are you about to enter?
3. How will you prepare for each season moving forward to ensure personal or professional success in your life?

### **FOLLOW ME ON SOCIAL MEDIA:**

**For professional content focused on new and aspiring coaches:** Twitter (@ReidReady) and LinkedIn (@CoachReid); FB Group: Reid Ready Coaches

**For wifepreneurs and mompreneurs:** Instagram (@ReidReady) and Facebook Business (@ReidReady); FB Group: Authentically Me

**For mindfulness meditation and practices:** Pinterest (@ReidReady); FB Group Urban Buddhism