Reflect on the SEASON

Prompt:
What am I learning in this season?

Look for the lessons

Note the opportunities
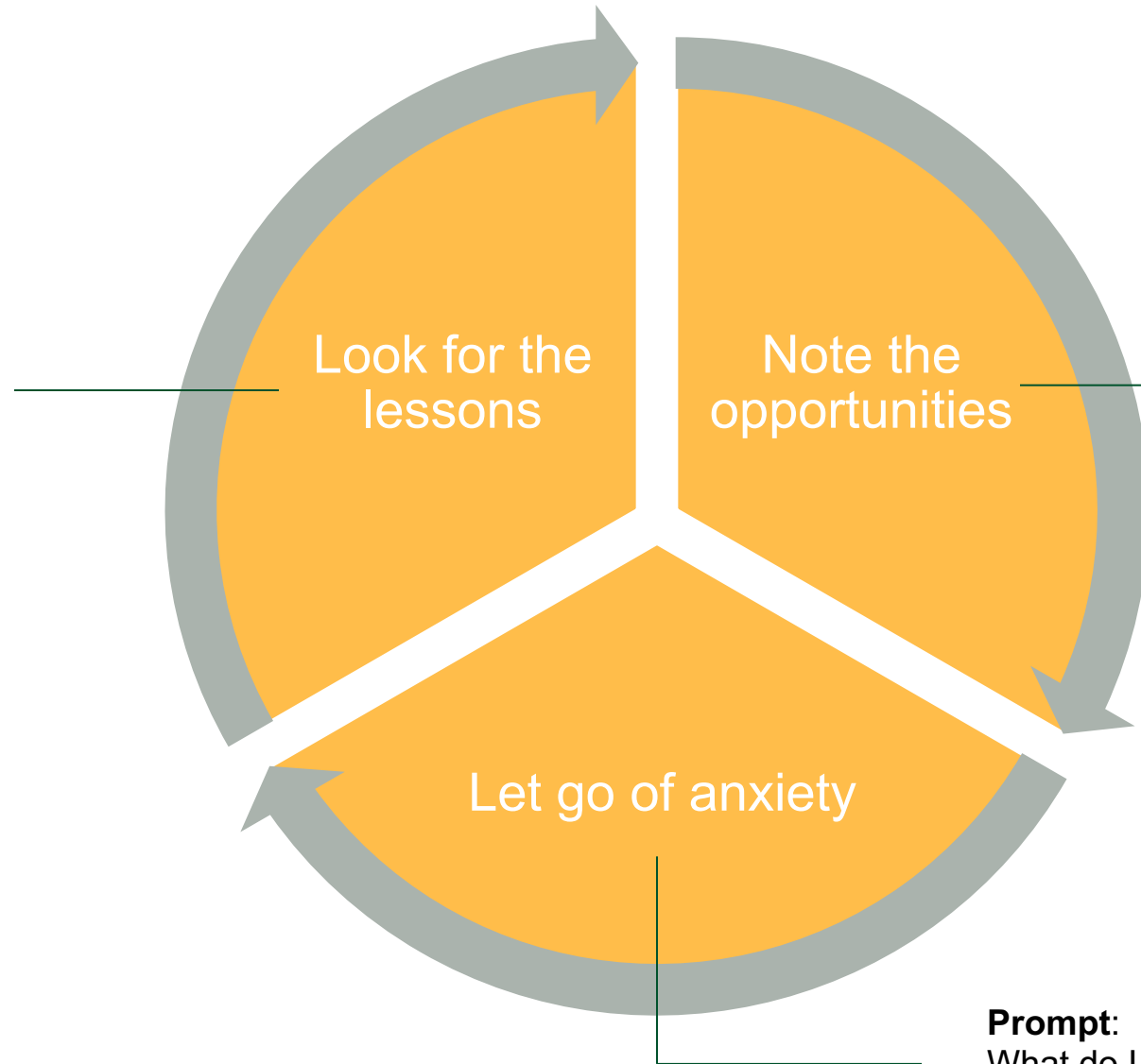
Prompt:
How can I leverage these insights?

Let go of anxiety

Prompt:
What do I need to release to relax?