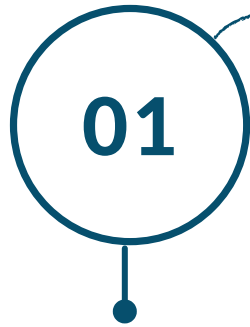


Change Cycle

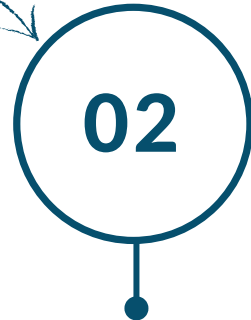
#1 and 3 = internal journey, small moves
#2 and 4 = external work and big moves



WINTER

Death & Rebirth
"Caterpillar"
Breakdown, no
flourishing, stagnant
Seeds are not
growing
Inward, nurturing
Okay to fall apart
completely

"What the hell is going
on? How the hell did I
get here?"



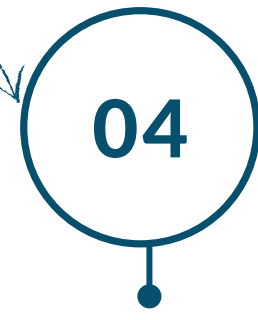
SPRING

Dreaming &
Scheming
"Cocoon"
Tendrils of
growth/progress
Stirring, germination
"This is so exciting!"



SUMMER

The Heroine's Saga
Full butterfly inside
the cocoon
Vulnerable, Struggle
Birthing
Bursting
Becoming
*"This is a lot harder
than I thought!"*



FALL

The Promised Land
Harvest
Reaping, Abundance
Contentment
Knowing (this is
golden...and there will be
another catalytic event in
the future)
*"I'm fully present NOW to
the goodness!"*

CATALYTIC EVENT

(starts the cycle again)