

TRICIA ZODY
Another Beautiful Life
PODCAST GUIDE

This guide is intended to be used as a complement to my podcast “Another Beautiful Life.” It is best utilized after listening to the corresponding episode. Please take some time to be contemplative in your answers. My suggestion is to ask the Holy Spirit to lead you through it before you begin. I’m already praying you hear His voice clearly.

Episode 95 - Seasons Of Life: Summer

In the past two weeks, I talked about the season of life that is Winter that gives way to the season of Spring. Winter is evident when there is sadness, heartbreak, loneliness, and sickness. The Winter season has allowed you time and space to find out what you want and what you need in order to create the life you love. And Spring is a time to sow those seeds, to take action on those discoveries you made about yourself and your life.

And so now here we are in Summer. Summer shows signs of growth from those seeds planted. The seedling is working hard, pushing the earth aside as it breaks through to reach upwards towards the sun. In the life season of Summer, it’s a time to nourish and protect what was planted in the Spring.

- 1) Looking back to your Winter where you learned about yourself and how you wanted to live your life, and then to your Spring where you began to make changes to support those decisions, where can you see evidence of new growth in your life - physically, mentally, and spiritually?

It’s important to give consistent effort and persistence in Summer. You’re going to have to keep your eye on those things you’ve planted - your dreams, desires, the newness that’s ahead.

- 2) What are you doing or what do you need to do to nourish what you’ve planted?

The Summer of life is a time to protect these decisions that were made in Winter. And the way you protect what you've previously decided is to frequently review the plan. You must revisit what it is you want and what you need to do to get it.

3) Review the decisions you've made and the steps you'll have to take to create the life you love:

Protecting the plan might mean that you need to change your old thoughts and beliefs, change your conversations, your habits, your attitudes, your opinions, and sometimes your occupations, your residence, and even the people around you that are influencing your life.

4) What are the changes you need to make in your life in order for your dreams and plans for another beautiful life to come to fruition?

Summer is a time to nourish and protect what was planted in the Spring - your dreams, your decisions, your plan for another beautiful life. If you do this, the result will be something more spectacular than you could've ever dreamed possible.

But, sometimes we need a little help along the way. If you're not quite sure how to nourish and protect your hopes and dreams for your future, I'd love to be your Life Coach. Together, we'll evaluate what it is you want and what you need to do to get it. I'll give you some actionable steps that will help bring clarity and confidence in the decisions you have made. And then we'll continue to nourish and protect those dreams to make sure you're on track for a bountiful, beautiful Fall. Feel free to email me at: coaching@triciazody.com.