

CHOOSE • PLANNING WORKSHEET

Seasons of load.

Capacity is seasonal. This worksheet names the season you are actually in — and plans it deliberately, instead of carrying it by default.

THIS SEASON IS

UNTIL (ROUGHLY)

What this season genuinely asks of me

The real, non-negotiable demands of this season.

What this season cannot also have

What is deliberately parked, lowered, or declined until it ends.

My three non-negotiable anchors

Small, protected practices of self that survive the season — kept on purpose.

Who and what holds this with me

People, structures, and supports that share the season's weight.

The review

A season plan only holds if it is revisited. Set a date to check whether the season has ended — or quietly renewed itself.

REVIEW DATE

WITH

A demanding season carried deliberately costs less than an ordinary one carried by default.