



Navigating Change: A Framework for the Season

Successfully navigating change doesn't happen by accident. It's about awareness, adaptation, support, intention, and reflection—five pillars that can help you move through shifts, big or small, with confidence.

1. Awareness – Noticing what's changing and how it affects your body, mind, and emotions

Awareness is the first step in making intentional choices instead of reacting to change. Begin by observing how seasonal shifts, environmental changes, or life transitions affect your body, mind, and emotions. Journaling is a powerful tool for this step—use your *Gratitude in Focus* journal to track patterns in energy, mood, and physical well-being.

2. Adaptation – Adjusting routines, habits, and perspectives to meet new circumstances

Once you notice the shifts, consider small changes to your routines. This could mean adjusting your schedule, modifying movement practices, or introducing gentle wellness routines that align with your current needs.

3. Support – Using external tools to reinforce stability

External supports help you navigate change with more ease. Try mindful breathing, journaling, or anchoring practices with essential oils such as **Balance®** for grounding or **Copaiba** for reassurance. These tools create sensory cues that help your body and mind feel steady amid transitions.

4. Intention – Consciously choosing how you want to show up

Decide each day how you want to approach challenges—calm, clarity, courage, or patience. Setting an intention allows you to respond to change with confidence instead of reacting impulsively.

5. Reflection – Tracking growth to build confidence for the future

Reflection helps you recognize progress and celebrate small wins. Track shifts in energy, mood, and mindset to reinforce positive habits and prepare for future changes.

✨ *Tip: Keep this framework nearby as a reminder that change is not something to fear—it's an invitation to grow..*

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