



# Changing Seasons Can Mean Change & Growth

How to Realign Our Focus and Embrace the Change

BY SAUNDRA PELLETIER

Transition is defined as *the act of passing from one state to the next*. Transition then should be embraced and recognized as an opportunity for improvement – a chance to discover and participate in new and successful activities.

A seasonal transition can be a reminder to put ourselves first. If we utilize our talents effectively, we leave the right stamp of authorship on our lives. By putting ourselves first, we become the people we are supposed to be. We reach our full potential, and we have more quality to give back. A seasonal transition can be seen as a compass that realigns our focus onto what's important.

Too often we wait until a dramatic event occurs before we step back and reflect on our own ability to effect changes and improvements to the quality of our lives. Instead, embrace the new season and think of it as an appropriate time to grow. Seasonal changes are inevitable, so we need to take a nonresistant attitude toward existing conditions and map out our year with an optimistic view. We can look at the year as an opportunity to make changes each season.

With the fall season upon us, we think about focusing our efforts toward achieving measurable and gratifying goals. Instead of waiting for New Year's Eve to hastily create a list of rarely kept resolutions, we can think about what really gives our lives meaning and revisit our core values.

A mantra to remember is, "Never confuse motion with action." So often we

get caught up in our daily chores and start checking off "to do" lists that consist of menial tasks instead of focusing on accomplishments that are aligned with our true desires. We need to utilize the fall transition as a time to create a purposeful plan that will assure measurable and meaningful results.

The winter should be a time to reflect on what we are grateful for. Instead of focusing on the gifts we'll buy, let's focus on the gifts other people bring to our lives and take the time to thank them for their contributions. This is usually a hectic and stressful time because we are running around looking for the "perfect" holiday gifts. What we need to remember is that our presence in the lives of those who matter to us is the real gift. A thoughtful letter about the positive impressions we have of each person in our lives is a priceless gift that will be remembered for a lifetime.

Spring is a time to visit the growth of the seeds we planted in the fall. It's a time to clean our emotional and physical houses and make sure we have all the right components to achieve our yearly and long-term goals. We can reevaluate timelines and alliances needed to help us accomplish our mission.

Summer was break time. We took a vacation from our usual busy lives and utilized that time for fun, relaxation and

appreciation of nature. We let ourselves unwind and just be. Summer transitions are a good time for reflection, imagination and dreams. As adults, we must always try to remember the magic that daydreaming can bring. **B**

*Far away there in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead.*

—Louisa May Alcott

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