A SEASONAL SELF-TRUST RITUAL

REFLECT + SET

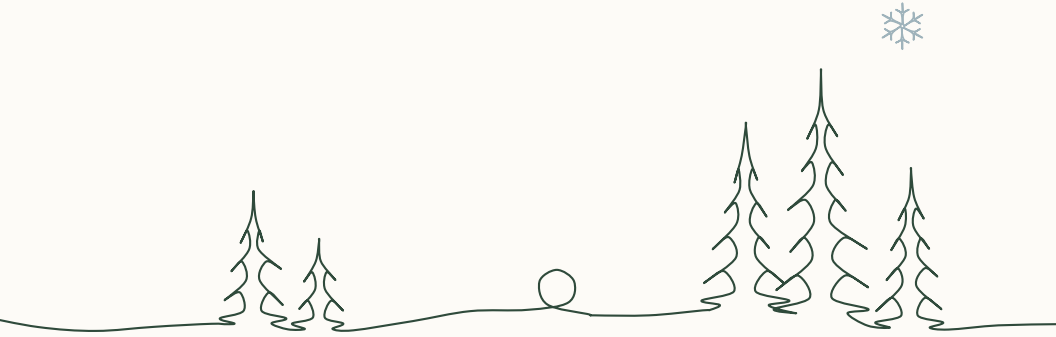


Winter

EDITION

Honor. Listen. Embody.

Close one season with reverence.
Enter the next with intention.



@curiosityrising

WELCOME TO WINTER

Take a moment to recognize what it took to get here. You've lived a season of choices, changes, and things you may still be making sense of. Winter offers room to slow down and hear yourself.

We'll move through three practices together.

> **HONOR** the season you've lived. Tell the truth, celebrate how you showed up for yourself, and give your goodbyes some space.

> **LISTEN** for what comes when you get quiet. Let a desire, a question, or an answer take shape in its own time.

> **EMBODY** what you hear through intentions, promises, and grounded action steps that fit your life.

The Self-Trust Compass will guide us as you connect with your ***Wise Woman*** – the compassionate and confident adult within you. She brings clarity and discernment, listens to your feelings, and considers what matters to you. Let *her* be the one to set your intentions.

As you cross into the season ahead, you may carry uncertainty, grief, or excitement. My hope is that you feel more able to stay connected to yourself through whatever comes.

Take your time. Write, draw, dance, pause, or return another day.

Grab a pen, your calendar, journal, fuzzy slippers, and something cozy to drink. *You got this.*

With curiosity,

Emily

FIND YOUR BEARINGS

The Self-Trust Compass will guide you through this booklet. Take a moment to get familiar with its four directions. As you go, a small compass in the page header will remind you of the direction you're practicing. Each direction you explore allows you to deepen the trust within.



NORTH / RADICAL HONESTY
Name what's true, even if it's hard to say.

EAST / KEEP PROMISES
Let your Wise Woman make your commitments.

SOUTH / REGULATION
Notice what your body is telling you and what helps you feel steady.

WEST / KNOW YOURSELF
Get curious about what you need, want, and value.

CHOOSE THE SEASON YOU'LL REFLECT ON

Think of a stretch of time you've just lived through. It might be the past few months or a chapter with a beginning and ending you can roughly name. A few words or approximate dates are enough.

The season I'm looking back on:

In the pages ahead, you'll look back at what happened near the beginning, in the middle, and as this season came to a close.



HONOR

Give the season you've lived your attention. Remember what happened, recognize how you showed up for yourself, and make room for what still matters.

TRACE THE SEASON

Look back through your calendar, journal, or photos to remember what happened during the season you chose.

In each space below, jot down events, changes, routines, or moments from that part of the season. Include big milestones and small, everyday details. A few words or bullet points are enough.

Near the beginning

Along the way

Toward the end

THE LITTLE THINGS I WANT TO REMEMBER

A few words, a quick sketch, a little color. Collect the details that made this season yours.

A sound that takes me back...

Something I tasted...

A place I can picture...

A small moment I wish I could keep...

Something that made me laugh...

Something unexpected...

WHAT WAS TRUE?

Give the season an honest account. Let the hard parts and the good parts sit beside each other.

What did I carry that took more out of me than I realized?

When did I feel most sure of myself? What helped?

What am I proud of that someone else might have missed?



KEEP GOING

THE FULL RITUAL IS WAITING

You've had a taste of *Reflect + Set*. The full Winter Edition walks you through the whole ritual:

HONOR the season you've lived. Tell the truth, celebrate how you showed up for yourself, and give your goodbyes some space.

LISTEN for what comes when you get quiet. Let a desire, a question, or an answer take shape in its own time.

EMBODY what you hear through intentions, promises, and grounded action steps that fit your life.

Get the full booklet and finish your season with your *Wise Woman* leading the way.

Tap or scan

OR

Receive the full booklet when you become a paid subscriber to my Substack.

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