

Name: _____

Date: _____

S.E.A.S.O.N. Quiz

Are you feeling stuck, and need to know your current Season to navigate with Clarity?

Instructions:

Read each set of four descriptions per domain. Choose the one that most closely reflects your current experience. Tally your results to determine your season in each domain.

Spiritual

1 Which statement feels most true?

- A. 🧘♀️ I'm craving stillness, solitude, or space to reconnect with my faith or identity.
- B. 🌱 I'm setting new spiritual goals or seeking fresh guidance through community or study.
- C. ☀️ I feel spiritually energized and ready to lead, serve, or express my beliefs boldly.
- D. 🙏 I'm reflecting, giving thanks, and refining my spiritual practices for deeper alignment.

Emotional

2 Which best describes your emotional state?

- A. 💧 I feel the need to rest, release, or heal past emotions. I'm emotionally drained or tender.
- B. 🌸 I'm actively building emotional awareness and implementing new habits like journaling or therapy.
- C. 🔥 I'm emotionally strong and using that energy to create, support others, or take bold steps.
- D. 🍁 I'm processing transitions and making peace with what to keep or release.

Relational

3 How do you currently relate to others?

- A. 🏠 I'm setting strong boundaries and seeking solitude. I'm reevaluating connections.
- B. 🌸 I'm ready to reconnect or build new relationships and make intentional connections.
- C. 🎉 I'm enjoying deep relationships, creating memories, and celebrating connection.
- D. 🙏 I'm mentoring, offering support, or deciding which relationships to prune or nurture.

Financial

4 Which describes your current financial mindset?

- A. 📄 I'm simplifying, cutting back, and reviewing my financial decisions carefully.
- B. 💡 I'm planting new financial goals—starting a savings challenge or income stream.
- C. 📈 I'm actively building wealth, increasing income, or optimizing investments.
- D. 📊 I'm reviewing my financial growth, making adjustments, and planning ahead.

Spiritual

Season Match

- A=Winter (Stillness)
- B=Spring (Emergence)
- C= Summer (Action)
- D=Fall (Stewardship)

Emotional=

Season Match

- A=Winter
- B=Spring
- C=Summer
- D=Fall

Relational=

Season Match

- A=Winter
- B=Spring
- C=Summer
- D=Fall

Financial=

Season Match

- A=Winter
- B= Spring
- C= Summer
- D=Fall

Winter(Stillness)=Pause, Reflect, Heal
Spring (Emergence)=Plan, Plant, Initiate
Summer (Action)=Work, Build, Expand
Fall(Stewardship)=Harvest,Evaluate, Prepare

This gives you a personal S.E.A.S.O.N. profile. You may find yourself in different seasons across different domains. That's normal and healthy—it reflects the complexity of growth. Now that you have identified your season, let me help you Thrive through each one!