

# Spring and Summer Feelings Worksheet



## Embracing the Seasons: Understanding Our Feelings

### Reflecting on Positive Feelings

1. Identify Positive Feelings: What positive emotions do you associate with the change of season to spring and summer? Examples might include joy, renewal, motivation, or hope.

- Feeling 1:
- Feeling 2:
- Feeling 3:

2. Incorporating Positive Feelings into Daily Life: How can you incorporate these positive feelings into your everyday activities? Think of specific actions or changes you can make to remind yourself of these positive emotions throughout your day.

- For Feeling 1:
- For Feeling 2:
- For Feeling 3:

### Addressing Negative Feelings

1. Identify Negative Feelings: What negative emotions do you experience with the change of season? Examples might include anxiety, overwhelm, or sadness.

- Feeling 1:
- Feeling 2:
- Feeling 3:

2. Strategies to Decrease or Mitigate Negative Feelings: For each negative feeling listed above, identify strategies or actions that could help decrease or mitigate these feelings. Consider both self-help techniques and seeking support from others.

- For Feeling 1:
- For Feeling 2:
- For Feeling 3:

### Enjoyment and Support in Spring and Summer

Activities That Bring Enjoyment: What activities do you particularly enjoy during the spring and summertime? Consider both outdoor and indoor activities that bring you joy and relaxation.

- Activity 1:
- Activity 2:
- Activity 3:

Who Can Join You: Who in your life can help you achieve these activities or join you in them? Think about friends, family members, or community groups that share your interests or could support you in these endeavors.

- Person/Group 1:
- Person/Group 2:
- Person/Group 3:

This worksheet is designed to help you reflect on and manage your feelings about the changing seasons. By identifying what brings you joy and planning for how to address challenges, you can make the most of the spring and summer months.

### *Inner Renewal: The Power Within*

*While the arrival of spring and summer often prompts thoughts of external renewal, it's crucial to remember that true renewal comes from within. The changing seasons can inspire us, but the most significant transformations are those we initiate in our own hearts and minds.*

*Consider the idea that we are each our own garden; the care, attention, and intention we give to ourselves fundamentally determine our growth and vitality. Real renewal can occur at any time, under any external conditions, when we decide we're ready and willing to focus on our self-improvement.*

*Renewal begins with a decision—a decision to shed what no longer serves us and to embrace our potential for change and growth. As you reflect on the external changes and plan for enjoyable activities, also think about the internal changes you wish to cultivate. What personal growth do you aspire to? Remember, the power to renew lies within you, waiting to be harnessed, regardless of the season. Here's to embracing both external and internal renewal, ready to transform and flourish in every aspect of our lives.*

# Color Me: Spring and Summer Feelings



Reflections: