

TRICIA ZODY
Another Beautiful Life
PODCAST GUIDE

This guide is intended to be used as a complement to my podcast “Another Beautiful Life.” It is best utilized after listening to the corresponding episode. Please take some time to be contemplative in your answers. My suggestion is to ask the Holy Spirit to lead you through it before you begin. I’m already praying you hear His voice clearly.

Episode 94 - Seasons Of Life: Spring

The season of Spring is full of hope, new beginnings, and opportunities. It’s a time of possibilities to create something new in your life. The Winter has allowed you time and space to find out what you want and what you need to create the life you love now.

In Winter, you took time to evaluate and re-evaluate your life. It was a time to decide if you wanted to reinvent yourself, or start doing something new, or stop doing something. It was a time to decide who you are and how you wanted to create your life. Spring is the time to execute. It’s the time to act on the decisions you’ve made for yourself.

- 1) Using each line, write out each decision you made for yourself and then the “first-step” action you need to take to achieve it.

Spring brings new possibilities and new opportunities. Spring allows you to get out of the “I have to” mentality and into the “I get to” mentality. For example, I get to meet new people; I get to look for a job that makes me happy; I get to decide where I want to live; I get to decide how I want to spend my days or my weekends; I get to open up my heart for more love; I get to get closer to God and know Him better than I ever have before. I get to.

- 2) Write out the things you used to say you “have to do” and turn them into “I get to” statements:

In his book, The Seasons of Life, Jim Rohn says, "To take full advantage of the spring, rid your soil of the weeds and rocks disguised as the opinions of those around you in the form of worry, doubt, or pessimism. It is the fertilizer of faith and enthusiasm that will overcome the worst forms of bugs and weeds."

3) If there have been opinions of worry, doubt, or pessimism spoken to you about what you want to "plant" in the Spring, use this space to turn those words into statements of strength and determination, knowing that "It was God who gave you the wisdom to rise from your comfortable chair and enter the fields at the right season." It is also God who is leading and guiding you to the "next." He's putting the vision, the dreams, and the desires into your heart for a reason. Trust Him. Trust His counsel.

What you sow today is what you will reap tomorrow - Galatians 6:7. We know that the thoughts that you think create feelings. Each thought you have produces a feeling. Or two. And those feelings compel us to act a certain way. Which give us results in our lives that we either like or don't like. And notice, it's our thoughts that started this chain of events. It's our thoughts that created the way we're experiencing our life.

4) Knowing this, what thoughts are like weeds in your soil that you need to get rid of?

5) What thoughts are you going to sow today, knowing that they're going to produce what you will be reaping tomorrow?

Friend, you have a chance at Another Beautiful Life. You may not like the way it came - the life-change - but it's here, in Spring, for you to choose, to say "yes" just like I did. The possibilities and opportunities are endless. And they're right there in front of you. Spring is a time full of hope, new beginnings, and opportunities just waiting for you. I can't wait to see what you plant!