

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 96 - Seasons Of Life: Fall

In the past three weeks, we’ve been moving through the seasons of life. We started with Winter, which makes space to learn about ourselves and sets us up for creating something new in the Spring. Last week we talked about Summer. Summer shows signs of growth from those seeds planted. It’s a time to nourish and protect what was planted in the Spring - your faith, your dreams, your decisions, your plans for another beautiful life

Today we talk about Fall. Fall is defined by successes and achievements, *or* failures. So, this is the moment of truth. This is the place where we see the fruits of our labor from Spring...or the lack thereof. If you have learned, prepared, and rested in Winter; if you have planted the seeds of possibility and faith in order to create something new in your life in Spring; and if you have nourished and protected those dreams and desires all Summer long, then now is the time that you will see an abundant harvest of all that God has been working in your life.

- 1) Are you seeing more successes and achievements in your life and in the things you want to create for yourself, or are you seeing more failures?

- 2) Give as many reasons why you believe you’re experiencing the successes or failures:

Galatians 6:7 tells us, "Whatever you sow, you shall reap." Fall is when you find out what it is you sowed, exactly. You *can* sow laziness and complacency. You can sow dread, fear, and worry. You can sow pessimism, lack of trust, and defeat. Whatever you sow, you will reap. Sow dread and fear, and you will get more dread and fear. Sow distrust and defeat and you will surely get an abundance of distrust and defeat in every area of your life. It'll just keep building. Germinating. Spreading and growing into a monster that consumes and overtakes you. And what you realize then is that you've been sowing *weeds* all this time. On purpose. On the contrary, you can also sow faith and enthusiasm, determination and good habits, a positive attitude and a confident outlook. On purpose.

3) What did you sow that gave you the results you now have?

If you're not reaping the outcome you desired, there is still hope. The great news about a failed crop is that there's opportunity to strip the land and start over. The only time something is truly a failure is if you refuse to learn something in it and make adjustments for the future. You can look back at each season to understand what you need to do differently next time to reap a bountiful harvest next Fall. And even if your Fall is full of successes and achievements, there's still an opportunity to have an even greater harvest next Fall with just a few minor tweaks to the plan.

4) What would like to do differently going forward that will help you reap an even more bountiful Fall next time?

The seasons of life are not in our control. But what is in our control is the way we decide to learn and change and grow. We can't change the seasons, but we can change ourselves. You have the ability to determine the abundance of your next Fall by learning, preparing, planting, nourishing, and protecting your dreams and desires for another beautiful life.

If you need a little help along the way; if you're not quite sure how to store up reserves to ensure a more abundant future, I'd love to be your Life Coach. Together we'll take a look at how to best navigate each life season going forward. It would be my privilege to walk through it all with you - the learning, preparing, planting, nourishing, protecting, and the reaping. Feel free to email me at: coaching@triciazody.com.