

The background of the cover is a light cream color, decorated with various stylized, hand-painted nature elements. There are several large, colorful leaves in shades of orange, green, yellow, and blue. Thin brown branches with small red circular berries are scattered across the design. The text is arranged in a central, vertical layout.

Writing with the Seasons

52 creative
prompts inspired
by nature's rhythms

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Introduction



Welcome to *Writing with the Seasons*! This journal invites you to explore the spiraling cycles of life and the rhythm of the natural world through 52 expressive writing prompts. Each prompt helps you connect your inner world of insight and intuition with the ever-changing landscapes around you.

Writing with the Seasons is grounded in three key ideas:

- Humans are part of, not separate from, the natural world.
- Each of us is inherently creative in our own unique way.
- Our everyday lives hold countless opportunities for experiencing the profound.

The journal is divided into four sections, one for each season. Each week offers a unique theme to spark your imagination through:

- a meditative introduction inviting you to set intentions for the week ahead
- a connection to signs and symbols that illuminate the theme
- inspiration from a poet or spiritual teacher
- a simple meditative or reflective practice.

You can move through the journal chronologically or follow your own rhythm. Begin wherever you find yourself—in any season of the year or of your life. You might choose a theme that mirrors your current energy, or simply open to a random page and see what calls to you. There are no rules here—only invitations.

Whether you live where the seasons shift dramatically or in a place where the landscape remains steady, whether your home is a high-rise apartment, a farmhouse, in a suburban neighborhood or a small quiet town, *Writing with the Seasons* offers ways to strengthen your connection with both the natural world and your own imagination.

The turning of the seasons offers a beautiful metaphor for our inner lives. Each season carries its own qualities and energy—times of growth, stillness, release, and renewal—that we, too, experience within ourselves.

Science continues to affirm what many writers have long known: expressive writing can be deeply healing. Just 15 or 20 minutes of reflection each week can bring solace, clarity, and inspiration.

So, settle in with a warm coffee or a cool tea—depending on the season—and begin. Invite a friend to join you, and share what you discover as you write through the weeks.

To life. To creativity. To the turning of the seasons—inside and around us.



WINTER

During the winter months, as many plants and animals hibernate and the outer world lies still, we too are invited to turn inward. Winter holds a quiet beauty—a season of peace, rest, and renewal. It also offers the opportunity to experience cold weather fully, to feel its sharpness and learn how our bodies adapt to the chill. In winter's stillness, we can uncover our own calm and notice the gentle glimmer of hope for new life beginning to stir beneath the surface.

These prompts are designed to help you move through winter in harmony with your dreams and inner resilience. You can return to them anytime, in any season—whenever you long for the beauty of cold winter nights, connection to your intuition, or time to dream.

Weekly theme

Glimmers

Setting intentions

Glimmers are micro-moments that spark peace or contentment. They can be simple, daily experiences that remind us that life can be joyful. Through the winter months, the natural world offers us a multitude of glimmers: seeing a red cardinal in a snow-covered tree, catching the vibrant sunset lighting up the sky, hearing the wind rustle through trees. Noticing glimmers can keep our spirits strong.

Write/draw/doodle your hopes and intentions for the week ahead. Think about the kinds of things in the natural world that evoke positive feelings for you. If you enjoy sunrises or sunsets, make time to get outside and experience them. When you pay attention to glimmer moments, more of them tend to appear!

Some prompts to spark your reflections

Some things that make me feel peaceful are ...

I feel joyful when ...

These glimmers all around me are ...



Date: / /

Searching for signs and symbols

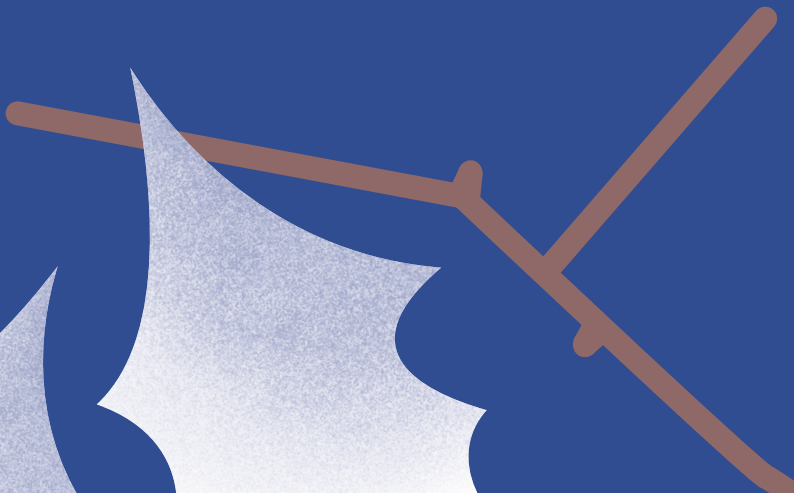
Notice where the theme of *glimmers* shows up this week in your dreams, landscape, or imagination. Bring all of your senses into the experience of glimmers. They could come from scents and aromas—especially cozy ones in winter months like cinnamon, pine, and citrus that can energize our spirits.

Write/draw/doodle about the glimmer connections that you find around you.



Only when it is
dark enough
can you see
the stars.

Martin Luther King Jr.



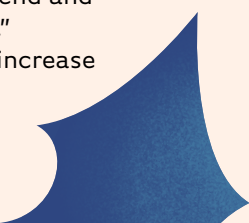
Embracing mindfulness

In the dark and cold of winter, it can be hard to notice the beauty around us. If it's cold where you are, bundle up and spend some time outdoors, looking for beautiful things.



Weekly practice

Finding glimmers can be contagious in the best possible way! When you see something that sparks joy or peace, snap a picture or jot down some words or scribbles about it. Maybe you spot the first flower on a plant, catch your cat in an especially cuddly moment, or feel the bright winter sun coming through your window. Share with a friend and invite them to send you their "glimmer of the day." You can be "glimmer accountability" buddies and increase your appreciation of wonderful things together.



Throw open
the windows
of your soul
to the sun.

Marcus Aurelius



Embracing mindfulness

Our emotional and spiritual lives are connected to our physical bodies and surroundings. Open windows, get rid of clutter, scrub your floors ... and pay attention to how spring cleaning affects your spirit and energy.



Weekly practice

During the winter months, our muscles and joints can become tight and strained. Try some gentle stretching in the mornings or evenings, take a daily walk outdoors, and seek out natural light whenever you can. Movement is another kind of cleansing, releasing the old and welcoming what's new!



Summer reflections

When we pay attention to seasonal transitions, they can become powerful gateways to new adventures and opportunities. Take a moment to reflect on the rest, growth, creativity, and radiance that you experienced this summer. You may also want to acknowledge the challenges or grief that shaped these past months. Write down the insights and wisdom you've gathered—gifts that can enrich your life as you step into autumn.

Make this reflection page as interactive and personal as you like! You might paste in a ticket stub from a favorite film, play, or concert; a souvenir from a vacation; a note from someone special; a photo or two; even a pressed flower or herb.

Some prompts to spark your reflections

Favorite people I shared time with ...

Beautiful places I experienced ...

New and enjoyable activities ...

Times when I felt vibrant, connected, alive ...

All that I hope to release ...

Wisdom I'm carrying into the new season ...

Weekly theme

Balance

Setting intentions

At the autumn equinox, day and night stand in near-perfect balance. This moment in nature invites us to reflect on balance in our own lives—between activity and rest, solitude and connection, giving and receiving.

Write/draw/doodle your hopes and intentions for the week ahead. Notice where balance already feels steady, and where you might need to shift something small to restore a greater sense of harmony.

Some prompts to spark your reflections

I notice a sense of balance when ...

I'm seeking balance in ...

Standing in the way of balance in my life is ...



Date: / /

Searching for signs and symbols

Notice where the theme of *balance* shows up this week in your dreams, landscape, or imagination. The season of harmony, fairness, and alignment begins now. Autumn also offers its own images of balance, such as wreaths, circling the cycles of the seasons, and candles, offering inner light as nights grow longer.

Write/draw/doodle about the balance connections that you find around you.