

Individual Application

Here are some exercises to help you identify what your individual season is asking of you:

1. Find and/or create environments where you can practice reducing forms of anxiety and stress. Identify some spaces where you feel safe.
2. Listen to your intuition, inner voice, thoughts, soul, etc. Ask yourself, "what 'feels right' at the present moment?" Describe moments where thoughts became clearer and helped you make some positive choices.
3. Reflect on the eight dimensions of wellness and insight gained from listening to your intuition, and reimagine when and where you find yourself "needing/wanting" to step up and step back using the chart below. How long did you feel this way? Think of whom you want to be instead of what you need to do.

Individual Application—Continued

	Context/Ecosystem: What Is Occurring Within Us and Around Us?	
	Short-Term Timeframe (e.g., the next three months)	Long-Term Timeframe (e.g., the next four to 12 months)
Step Up (High Priority, Strong Yes)		
Step Back (Low Priority, Strong No)		

4. Communicate (within boundaries) your interests to others. For example, one may want to say, "This is where I am in my life, and this is what I need to thrive in this stage of my life." This practice may require us to be vulnerable, honest, open, accepting, and aware. What is one interest you are willing to share with someone that can potentially support you throughout your season?

5. Where can I be most effective with my resources (eg., time)? Where am I willing to redirect my energy?

Collective Application

Here are some questions that chapter/council members can reflect on to identify the season they find themselves in as a group:

1. What stage does your chapter/council find itself in?
2. What are the needs your chapter/council is trying to address?
3. Where can the chapter/council step up and step back? For how long? As a group, whom do you need to become?

Collective Application—Continued

4. Whom do you need to engage and include? Why? Recognize the interest(s) of the members, school, and/or community.

5. What would be an indicator/milestone of success?

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