



Episode 89: FIND YOUR SEASONS

This is the *Become an Unstoppable Woman* podcast with Lindsay Preston Episode 89, Find Your Seasons.

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Welcome to the *Become an Unstoppable Woman* podcast, the show for goal-getting, fear-facing women for kicking ass by creating change. I'm your host, Lindsay Preston. I'm a wife, mom of two, and a multi-certified life coach to women all over the world. I've lived through enough in life to know that easier doesn't always equate to better. We can't fear the fire, we must learn to become it. On this show, I'll teach you how to do just that. Join me as I challenge you to become even more of the strong, resilient, and powerful woman you were meant to be. Let's do this.

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Hey there, Ms. Unstoppable, welcome to this episode of the show. Today, we're going to be talking about how to find your seasons. You may ask, what do you mean my seasons, Lindsay? Well, it's just like the seasons of nature, spring, summer, fall, or winter. I am a big believer now that we all have our own seasons. Meaning, we have some seasons when we are in a higher energy phase and we are putting ourselves out there and we are blossoming and blooming. Then we have some seasons of our year when we are shedding and we are slowing down and we are reflecting and we're recharging. I used to think that I was just supposed to be blooming and blossoming all year and then I would beat myself up for it when I wasn't blooming and blossoming all year. Like, "What is wrong with you, Lindsay? Why can't you keep up the pace? Why can't you put yourself out there? Why don't you have the energy to do all the things?"

It wasn't until I heard Lara Casey, if you don't know who Lara Casey is, by the way, she is the CEO of a company called Cultivate What Matters and they create an intentional goal planner called PowerSheets, which I love. I use my PowerSheets now for, gosh, like five or six years. I love my PowerSheets. Make sure to take some time to go look up what PowerSheets are. I'll put a link in the show notes. It'll actually be my affiliate link. If you do end up purchasing, I'll get a little baby kickback on your purchase so thanks. At least, go look up what PowerSheets are. I love them. They help me with my goals all year long, but



going back to Lara, Lara is a big gardener, and one time-- or many times, she's talked about how we're not meant to bloom and blossom all year.

We are like plants and flowers and trees and all the things in nature where we have seasons and that's okay. I remember her just saying that just-- I felt this huge wave of relief and thinking, "Gosh, she's so right." From that, it cut a lot of the self-judgment for me to be thinking that I needed to perform at a high level all year. It also opened my eyes to a different way to set goals and instead of thinking, "Okay, I'm just going to perform at this high level all year." I then adjusted to, "Okay, what are my seasons? When am I blooming and blossoming? When do I have the most energy?" I adjusted my actions and my habits and all the things based off when it felt like nature was supporting me the most. I just want to open your eyes to this concept because it may be one that resonates with you as it did with me so that you can start to plan your 2021 goals and beyond, around seasons, okay?

First things first, what are your seasons? Think in your past, maybe, many years past, or just the past few years, when have you typically had the most energy? When do you feel like putting yourself out there the most? For me, it falls in the summer. I just have so much energy in the summer. I feel my absolute best self in the summer. I just want to connect with others the most in the summer. I want to be the most visible. I just feel like I'm at a higher speed in the summer. It feels very natural for me to take a lot of action in my summer months. It falls right when it's summer here in Texas because I'm in the Dallas, Texas area and that's June to August.

My birthday is also in August. It's so funny because my birthday is August 20th and that's one of the hottest periods here in Texas and it gets hot here in Texas. Over a 100 degrees typically during that time. My birthday week and the surrounding weeks, that's when I just feel the most like myself. I just want to put myself out there in really big ways and this has been a pattern for me, goes all the way back to high school that I can remember, of me just really wanting to put myself out there during those months and feeling energetically supported to go out and do that. It felt very natural for me to go and do that.

Again, start to think about when your summer months may be based on your past. Then think about, "When do I have a similar energy to the summer, but it's not quite the same," and this is going to be when your spring is. Your spring is, like I said, like your summer where you're starting to have energy, but it's not quite as an intense of an energy, as you have in the summer. It may be just like where you feel like you're picking up the pace a little bit and you feel like you're putting yourself out there a little bit more than maybe you had the previous months. You just feel like you're expanding a little bit more you feel like



you're taking on more, it just feels more natural for you to start to pump up the speed of your life. Those are going to be your spring months.

For me again, it falls when there's spring here in Texas from March through May I have my spring. Just take that in for a minute. I'm covering a lot here very quickly here on the podcast. Hopefully, you're starting to get some ideas of, "This maybe when my spring is and here is maybe when my summer is. The next we need to think about when is it your fall and winter. For me, I definitely know when my winter is and if I look back all the way to when I was in high school, every single winter had a very similar feeling and I truly believe it could even be diagnosed as a seasonal depression. It's so interesting, because although coaching has made that depression part of it a lot less over the years, because I've been able to feel and heal and deal with my emotions, there's still a little bit of lingering to that.

That's where again, I just think some of this is a nature thing. There is a part of me that just thinks this is all hogwash and it's like, "Lindsay, just work on your thoughts. Maybe it's your thoughts that are creating the seasons for you," but then there's another part of me, that's like, "No, I really think that as humans, we're supposed to have these seasons in order to--" I don't know, maybe process the things we need to process. I'm not quite sure but we're just supposed to have the seasons in our worlds because everything else has seasons, why wouldn't we as human beings have seasons, right?

We're going back to winter. I do feel a lot more sluggish in the winter. I do feel like it's a cleanse for me. Meaning, I'm really feeling things in a more intense way. Feel like I'm shedding a lot of things. In essence, I am feeling all the things that maybe I didn't feel all year long, for example, 2020 with Coronavirus, I've put a positive spin on it for spring and summer and even part of fall of this past year and now that winter is hit for me, which for me it starts in December and goes through February. The impact of this year has hit me in the past few days.

Right now it's December 8th so I'm just now entering my winter. But it's like, "Wow, we have done this all year and here are all aspects that's been really hard for me and I had a moment over the weekend where I shed a lot of tears to my husband and had in essence, what someone would consider like a meltdown of just like, "Man, I am so tired of taking care of a two-year-old all day and I'm so tired of not having time with my husband and I am so tired of blah, blah, blah." Just getting all the things out.

I just felt this shift happen in me, as December approached, of really slowing down and not having near as much energy as even I had in the fall and definitely not even near of what I



had in the summer. There's a part of me trying to perform at the same level that I did, at least in the fall, and my body is like, "Whoa, Lindsay, you're entering winter, you think you can work all those hours still? No, not going to happen." I'm wanting to sleep so much more and I'm just really reflecting a lot more naturally and my thoughts are going to "A darker place". There was a part of me before that would get really scared in the winter of like, "Oh, here comes the winter again," and maybe consciously I wasn't quite saying that but like, "Oh, I hate this time of year," It's how I would describe it before and now I'm just like, "Okay, it's winter. This is part of my shedding process. This is just part of the time when I'm feeling things more intensely and spring will come but right now what I need to do is I really need to reflect on some of the things that didn't go well and didn't work well and really shed those things so I can get rid of them and not carry them into my next spring."

The other thing I'm doing too, is I'm shedding just like the trees shed in the winter, I have oak trees in my yard, it's getting rid of all the leaves right now and even all the acorns. Those acorns are, in essence, planting seeds for what's next and what's going to blossom next, which for the oak tree are little trees, but for me and my life, I'm starting to think about my goals for next year.

I'm thinking, "What seeds do I want to start planting now? I'm looking at different people that I'm bringing in to help me plant those seeds. One thing is, I know for sure I want to make a certain amount of money next year. That's my number one goal. I'm hiring somebody that's going to be overlooking my finances all year long and doing all my bookkeeping and telling me, "Hey, Lindsey, you've got to add in this many clients, if you're going to hit this number." Really making sure that I'm not overspending and all those things.

I'm bringing her in, actually, I just hired her before I got on this podcast. Then two, I'm looking at a form of coaching to really go in and feel deeper in my body, because I just feel like there's some deeper things that I need to go and address that I don't want to carry into when my spring and my summer hit in 2021. I want to get rid of those things now. I just accept that this is the time for me to slow down, to cleanse, to feel, to shed, I'm not going to sit here and think there's anything wrong with that. Yes, on paper could some diagnose it as a seasonal depression, in some ways, I think they could.

For me, it's like, "I'm okay with that." I don't really know if I need the diagnosis and to wallow in that to just be like, "This is my winter." I have boundaries with myself too of like, "Even though I'm going to slow it down, I'm not going to do x, y, z things. Like, I'm not going to just sit around and watch Netflix all day. I'm still going to be moving forward and



working on my goals. If I feel like I'm going into really indulge an emotion like, self-pity and things of that sort, I know all the coaching tools, I know how to pull myself out."

That's where again, it can be really great to do something like coaching because you have these tools where you don't go into a darker place if you do have a really dark winter. Like I've said, before I used to get really dark in the winter. I would break up with so many friends and boyfriends and boyfriends would break up with me in the winter. I just became this whole other person when the winter would come. Granted, now Summer Lindsey and winter Lindsey are different. They are the two extremes.

Summer Lindsey, I feel like is the most authentic version of me and winter Lindsey is maybe not so much. Authentic meaning like the best of me, I guess. It's always authentic, right? Again, I'm accepting, that's what it is, I have my boundaries with it. I just know this is my season to shed and to feel and to rest and to cleanse. If you feel like this is your winter, the next episode that comes out on the podcast, we're going to be talking about clearing your clutter. Really winter is the time for you to clear your clutter. Not just physically with your physical stuff, but also mentally. Be sure to tune into that episode, if you feel like you're in your winter now or just listen to that episode for future when you are in your winter. Because that is a really good episode for you to understand, what do I need to do in the winter? Because like I said, I'm doing it right now.

I'm entering it and I'm like, "Oh my gosh, I want everybody to know how to do this so they can maximize this winter energy and not stay in these typical feelings of self-pity and all those things." Okay. Again, find when your seasons are, think about your past, when do you typically have months when you are starting to grow and to expand, those are going to be your spring months. I said mine are March through May. Then when are your summer months when you're really putting yourself out there, you just have a ton of energy, you really want to connect with others, you feel really visible, that's your summer.

For me, that's June through August. Then in your fall, you're starting to slow down, you're starting to reflect you're beginning to recharge, you're trying to keep up the pace of summer, but you just can't quite keep up. You're just, again, starting to feel like, "It's time for me to slow down a little bit," That's your fall. For me, that's September through November and then winter is when you're doing a deep cleanse, you're really resting, you're feeling deeply, you're shedding all the things, you're reflecting and you're starting to plant seeds for the next bloom. In essence, you're growing habits or you are making decisions for the goals that you're going to have. For right now, it'd be your next year, but whenever your winter falls, it's going to be for your next spring and summer that you're really going to put out there and bloom and blossom with.



This episode is short and sweet. It's only like 15 minutes. But there is one more thing I want to say here because I know right now, or at least, in my Instagram feeds and social feeds, I see a lot around the moon and I see a lot around period cycles and knowing, in essence, your seasons with that and your energy levels with that. I do believe in some of that stuff, especially, the period stuff and the moon stuff, I try not to get too involved of like, "Oh, a full moon is coming up. That means I'm going to have this kind of energy," because I do think some of that is fueled by our thoughts.

I do find it really funky when I don't even know that it's coming up and then I have this day like I had a couple of weeks ago where I just had so much energy and so many downloads and then later I found out, "Oh, that was a full moon day." I am starting to see how we do tend to have more energy during certain moon phases and then we do have more energy during our period as well. That's a whole 'nother element of cycles and seasons, right? It's like every month we go through our own little season, in essence, of like spring, summer, fall, and winter whenever our periods falls or the moon falls. Looking at our overall year too is really important and seeing these, in essence, like 90-day chunks of these seasons, and then planning accordingly with your goals. I know when I'm looking at 2021-- Again, I'm just submitted in even more that I go through these seasons.

So, I'm thinking, "Since I know for sure I'm going through these seasons, what can I do in my summer months to really maximize that energy when I'm just feeling super energetic and super visible." It almost seems like a magnetic during that time. It's just like, everything comes my way. So, I'm planning for that now, all right? You take this episode, leave what you don't like, take what you love, as I always say. I'll see you in that next one, where we're going to be really talking about the winter and getting rid of that clutter and that crap from your life and shedding all of that stuff. I'll see you in that episode. Bye, my friend. [music]

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Hey there, Miss Unstoppable. Thanks so much for tuning into this episode. If you enjoyed it, share it with a friend. Send them a picture of this episode via text, via email, share it on social media, I'm sure they would be so appreciative to know these strategies and tips on how to accomplish your dreams. If you are ready to guarantee you're going to accomplish your goals and dreams, then it's time to start coaching with me.

In my nine-month simple success coaching system, I am going to walk you every single step of the way to ensure that you get the goals and dreams that you want. The first step is



to apply for a free 60-minute consult call. Just go to LindsayEpreston.com/apply to get started. As always, my friend, remember, you're only as unstoppable as you believe you can be, so believe in yourself. You got this.