

Your Season of Becoming

Spring

The Unbound Season



A guide to moving through
this season with intention

You Are Here on Purpose



If you landed in Spring, it's not random.

This season reflects a moment where your energy is returning. Ideas are resurfacing. Desires you tried to quiet are getting louder again. Something in you is ready to move.

Spring is the space between awakening and action.

You're not behind.

You're building momentum.

Hi! I'm Mel Morris



I'm an Embodiment Expert and the founder of This Is What's Next and Shine Sanctuary. For over 30 years, I've helped people rebuild self-trust, regulate their nervous systems, and take bold, aligned action.

My work weaves embodiment, intuitive insight, and practical structure so growth isn't just inspiring, but something you can actually live inside of. If you're in a season of transition, you're exactly the kind of human I built this work for!

I created this guide to get you started understanding what you may be experiencing right now and how to embrace this season of your life.

No matter where you're at, you have amazing gifts to offer the world, so let's start preparing for what's next.

What's Actually Happening Beneath the Surface

Spring isn't chaos. It's activation.

This is the moment your system begins to come back online after protection. The part of you that went quiet is waking up. The desires you tucked away are stretching. The ideas you thought were impractical are knocking again.

And that can feel thrilling and destabilizing at the same time.

You may feel bursts of motivation followed by hesitation. Excitement followed by doubt. Clarity followed by second-guessing. That fluctuation can be confusing, but it makes sense.

In your body, this can show up as:

- Restlessness or urge to start something new immediately
- A buzzing sensation in your chest or stomach when you imagine being seen
- Increased energy paired with trouble focusing
- Talking faster, thinking faster, wanting to move faster
- Sudden dips in energy after a bold moment of visibility

Your nervous system is shifting out of protection and into mobilization. You're beginning to test new edges. That means your system may fluctuate between courage and caution.

Beneath the Surface, cont.

You're not inconsistent. You're expanding your capacity.

When we move toward growth, the body often toggles between activation and self-protection. Part of you wants to leap. Another part wants to stay safe. That internal negotiation can feel like self-doubt. **It isn't.**

It's your system learning how to hold more visibility, more desire, and more responsibility.

This also shapes how you see yourself. You might:

- Question whether you're really ready
- Downplay your ambition so you don't outgrow people
- Look for outside validation before trusting your own instincts
- Worry that your excitement means you're being unrealistic

Spring can mess with your identity in subtle ways. You're no longer the version of you who stayed small, but you're not fully comfortable as the version who takes up space either.

That tension is growth.

All of this is normal for Spring.

You're learning to trust your expansion.

Common Patterns in Spring

Spring often sounds like:

- "I know what I want, but I'm hesitating."
- "I'm excited, but I'm also scared to be seen."
- "I don't want to mess this up."
- "What if I'm not ready yet?"

You may feel like you're standing at the edge of something bigger.

You are!

What to Stop Forcing

- Stop waiting to be fearless
- Stop researching instead of acting
- Stop shrinking your ideas to make other people comfortable
- Stop asking for permission to begin

Spring isn't about perfection.
It's about participation.

What to Start Practicing Instead

- One visible micro-action each week
- Speaking your idea out loud to someone safe
- Tracking evidence of your courage
- Choosing momentum over overthinking

Small movement builds real confidence.

Reflection Prompts for Your Spring Season

Take your time with these. You don't need perfect answers.
Let them open something within you.

- What desire keeps resurfacing no matter how many times I try to dismiss it? And what about it feels so important?



- Where am I confusing fear with a lack of readiness to move forward?



- What would one small, visible step toward change look like this week?



- If I trusted that I'm allowed to grow at my own pace, how would I move differently? Give some specific examples.



Your Next Aligned Step

Spring doesn't require endless preparation.

It requires momentum.

If you're ready to build self-trust in a structured, practical way, the **Learn Love Live You! Book Bundle** was created for seasons like this.

It gives you guided reflection, embodiment practices, and clear exercises so your growth isn't just exciting, it's sustainable. This bundle allows you to walk through layers of awareness and start taking small steps towards wherever you're thinking of moving.

And if something else feels aligned, there are other ways we can work together. Check out **ThisIsWhatsNext.com** for more support.

This season is about building courage through action.

Keep going!

Seasons change. So will you.

When they do, come back and take the quiz again to see what season you've moved into next.

Stay Magical!

Mel
