*Your Season of Discovering You*

# Winter

## The Unwritten Season

A guide to moving through
this season with intention

This is What's Next

# You Are Here on Purpose

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

This season reflects a moment where your nervous system, your identity, and your desires are recalibrating at the same time.

Something old has ended or is loosening. Something new is forming. And in between those two realities, there's space.

Winter is that space.

You're not broken. You're uncovering you.

# Hi! I'm Mel Morris

I'm an Intuitive Coach and the founder of This Is What's Next 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

Winter isn't laziness. It's a nervous system recalibration.

You may be feeling quieter, more sensitive, more aware of what drains you. Things that once felt tolerable now feel heavy. Small demands may feel bigger than they used to. You might notice a low hum of uncertainty, or a subtle grief you can't fully name.

**In your body, this can show up as:**

- A desire to sleep more or move more slowly
- Tension in the shoulders or chest when you think about "what's next"
- A craving for warmth, softness, or physical comfort
- A shorter tolerance for loud environments or surface conversations

When identity is changing, the body seeks safety first. It pulls you inward so you can assess, integrate, and reorganize without threat.

Your nervous system is likely shifting out of high-performance mode and into protection mode.

**Let it!**

# Beneath the Surface, cont.

This doesn't just show up in your body; **it can affect how you see yourself.** You might:

- Question your drive
- Wonder if you've lost your edge
- Compare yourself to people who seem to be in full expansion and think you're falling behind

You're not falling behind. You're metabolizing a version of yourself that no longer fits.

This is the space where self-trust is rebuilt from the inside out.

**Winter is a transition season.**

# Common Patterns in Winter

**Winter often sounds like:**

- "I know something needs to change, but I'm not clear yet."
- "I don't feel like the old version of me anymore."
- "I need space before I make another big move."
- "I'm tired of pretending I'm fine.

You might be questioning your path, your work, your relationships, or even your own voice.

That questioning isn't regression. It's refinement.

**What to Stop Forcing**

- Stop demanding clarity on a timeline
- Stop comparing your pace to someone else's season of expansion
- Stop overcommitting to prove you're still productive
- Stop isolating yourself completely

Winter isn't about disappearing.
It's choosing where you re-emerge.

**What to Start Practicing Instead**

- Short daily nervous system resets (breathing exercises, walking, stretching, or meditation)
- Honest journaling without trying to solve anything
- One safe conversation a week where you tell the truth
- Protecting your energy with clear boundaries

Small steadiness builds deep strength.

# Reflection Prompts for Your Winter Season

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

- What version of me feels like it's quietly ending right now? What am I ready to release, even if I can't fully name what's next yet?

- Where in my life am I craving more safety, softness, or truth? What would it look like to honor that instead of override it?

- When I slow down, what emotions surface that I've been too busy to feel?

- If I stopped trying to prove anything for the next 30 days, how would I move differently?

# Your Next Aligned Step

Winter doesn't require hustle. It requires support.

If you're craving a steady, gentle space while you reset and rebuild, a **1-on-1 Tarot session** is the perfect space to find answers to where you are right now.

It's a grounded space where you can reflect out loud, connect with yourself, and ask the real questions you've been unable to answer by yourself.

**Book a 1-on-1 Tarot Session Here**

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

This season isn't about locking you into one path. It's about helping you feel steady enough to choose.

**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

# Winter Reminders

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