

THE CAPSTONE SEASON MAP™

A simple way to understand where you are in your story — and what life is inviting you into next.

MASTER SEASON 1 — PREPARATION

“Something is shifting in me. A new identity is forming.”

You may feel a subtle pull toward change. Preparation often feels like awakening, rooting, listening, or quiet anticipation.

Common sub-seasons: Planting, Calling, Quiet, Waiting, Equipping.

Prompt: Where do you feel life preparing you, even if you can't explain it yet?

MASTER SEASON 2 — PRUNING

“This is uncomfortable, but necessary. Something is being removed.”

This season loosens what no longer serves you. It can feel like tension, stripping away, or internal storms.

Common sub-seasons: Tension, Storms, Wilderness, Refining.

Prompt: What part of your life feels like it's being challenged or stripped back to make room for something new?

MASTER SEASON 3 — GROWTH

“I'm learning, healing, rebuilding, and becoming stronger.”

Growth is where internal work turns into rebuilding and strengthening.

Common sub-seasons: Watering, Strengthening, Renewal, Reinvention.

Prompt: What new strength, habit, or mindset is emerging in you?

MASTER SEASON 4 — BREAKTHROUGH / HARVEST

“Things are clicking. I'm moving with clarity and purpose.”

This season brings momentum, alignment, and traction. Your efforts compound into meaningful results.

Common sub-seasons: Expansion, Leadership, Impact, Overflow.

Prompt: What momentum or clarity tells you a new chapter is opening?

YOUR SEASON IS A COMPASS, NOT A JUDGMENT

Every season has its purpose. You are not behind. You are not late. You are exactly where your story is asking you to be.

DISCOVER YOUR SUB-SEASON

If you gave this chapter a title, what would it be?

Examples: “Rebuilding,” “Returning to Myself,” “The Tightrope,” “Reinvention,” “Grounding.”

From there, we explore which Master Season it fits into.

SIMPLE DISCOVERY QUESTIONS

1. What feels most true: shifting, stretching, rebuilding, or moving?
2. What is life asking of you: to notice, release, rebuild, or follow through?
3. Where is your energy naturally going: inward, away from the old, toward new habits, or into action?
4. What emotional tone is present: curiosity, tension, rebuilding, or traction?

This map gives you clarity, language, and confidence as you step into your next chapter.