



*elevation*

TRIBE

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SEASONAL  
PLANNER

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[TINAWELLS.COM](https://tinawells.com)



Welcome!

## I'M SO GLAD YOU FINISHED!

**The Elevation Approach** is a challenging curriculum, and if you've gotten to this bonus content, you've completed it! Congrats! Now, it's one thing to learn a system and quite another to master it and incorporate it into your daily life.

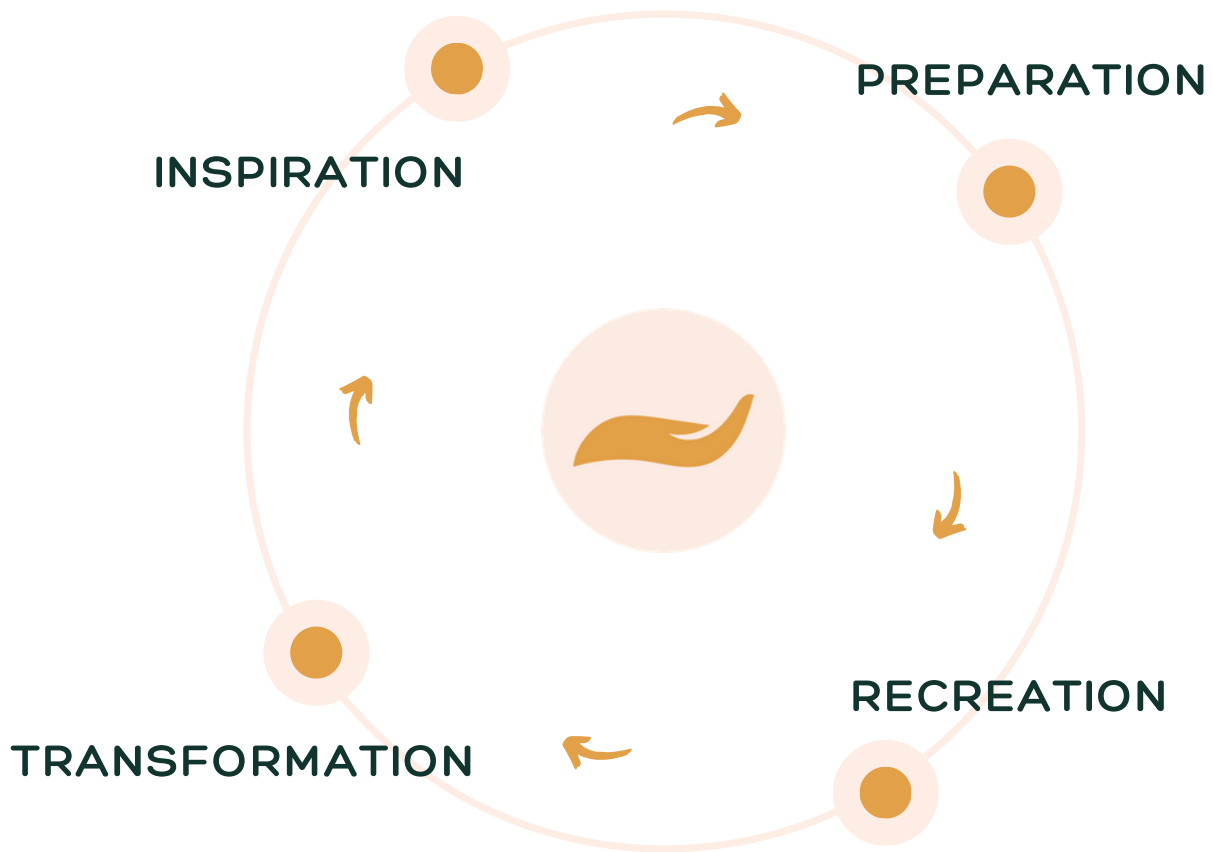
I want **The Elevation Approach** to become an integral part of how you launch, grow, and lead your business. This more in-depth version of the seasonal planning ritual is meant to get you right back to that work-life harmony you crave.

- Tina

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# elevation

## APPROACH



## UNDERSTANDING EACH SEASON



### PREPARATION

This is where it all begins. In this phase, you gain clarity, period. Whether it's refining the idea, checking your finances, or looking into legal needs, this is where you plan.



### INSPIRATION

This phase is all about being in the flow. You've gut-checked the idea and now it's time to get to it. You're reading about entrepreneurs who inspire you, thinking about your ideal customer and making it happen.

## elevation APPROACH



### RECREATION

This is a critical season for you. It's impossible to go at 100 without burning out, and in this phase you're taking a step back, taking care of you, and refining the idea. You are in the flow and having fun.



### TRANSFORMATION

This is the time of culmination and new beginnings. You've done it! You have taken that idea and brought it to fruition in a beautiful way. In this phase, you might find that you are more deeply connected spiritually, more reflective, and celebrating all you've just achieved.



SEASONAL  
PLANNING

## TOOLS TO HELP WITH SEASONAL PLANNING



### ESSENTIAL OILS

It's always important to set an intention for each season. I also love to diffuse essential oils during my practice and focus on smells that connect to my intentions. One of my favorite blends is Motivate by doTERRA.



### PLAYLIST

When I was living in Brazil I discovered Bossa Nova, and I'm addicted. You can click [THIS LINK](#) to download a relaxing playlist I created just for us!

## elevation TOOLS



### MEDITATIONS

I've found that at least 10 minutes of meditation each day or before I go into any planning ritual really sets me up for success. I'm a licensed Desire Map facilitator and I love Danielle LaPorte's meditations. Visit her website here for some amazing meditations.



### SEASONAL RELEASE

I started writing and burning around moon cycles a few years ago, and it is just so cleansing. If you're feeling stuck in business cycles or can't seem to get a breakthrough, I encourage you to make a "burn list" of things that just aren't working and let the Universe work her magic.

# SEASONAL PLANNING

THE SEASON I'M IN RIGHT NOW IS:

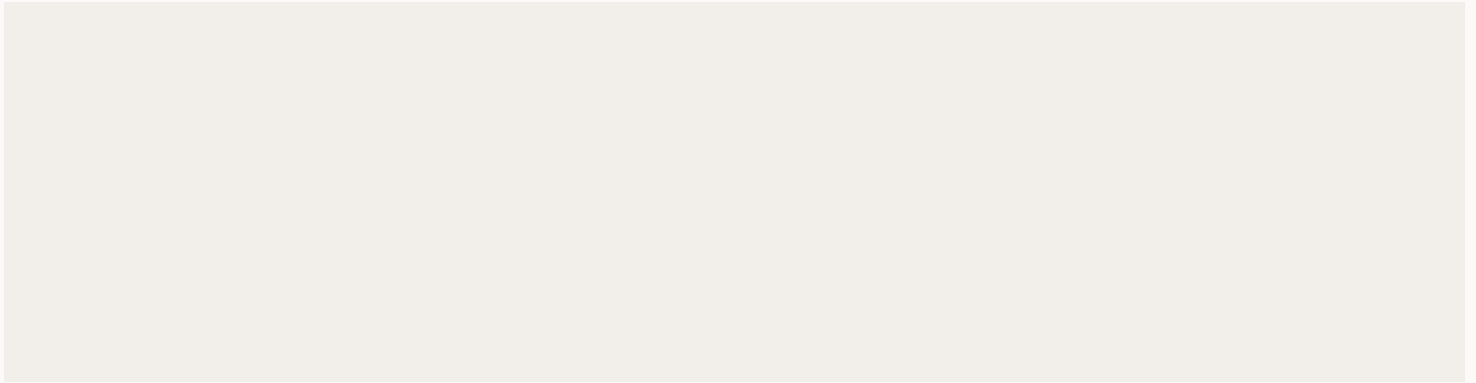
PREPARATION

INSPIRATION

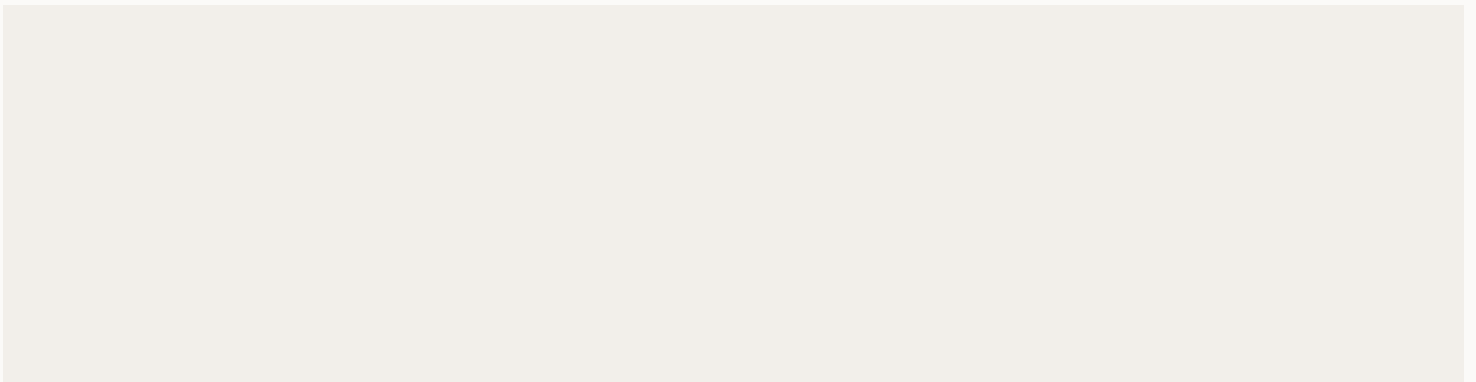
RECREATION

TRANSFORMATION

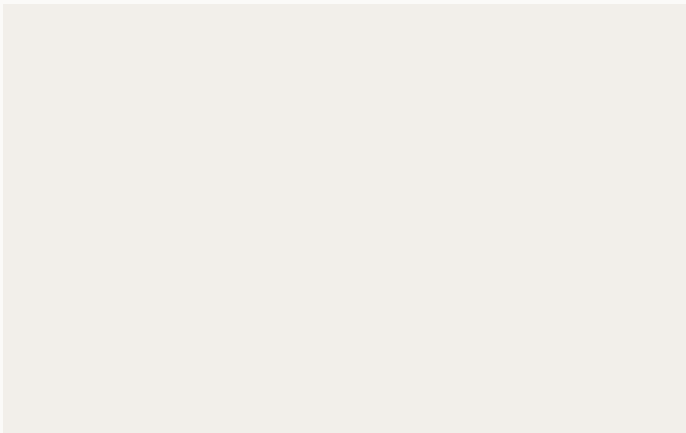
THESE WERE MY BIG WINS LAST SEASON:



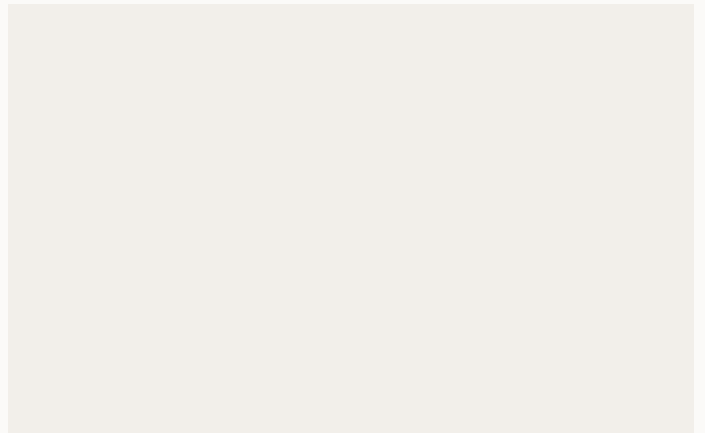
HERE'S WHAT I LEARNED FROM THEM:



3 THINGS I'M GRATEFUL FOR:



3 THINGS I' LEARNED ABOUT  
MYSELF IN THIS LAST SEASON:



# SEASONAL PLANNING

IN THIS NEXT SEASON I WANT TO:

THESE ARE THE IMPORTANT DATES FOR ME AND MY FAMILY:

GIVEN WHAT I WANT TO ACCOMPLISH AND MY FAMILY COMMITMENTS, I  
NEED THE FOLLOWING RESOURCES:

*Now take a moment and write a note to yourself, congratulating YOU for reaching these goals. Talk about how it feels and how you got there. Congrats to you for continuing to launch, grow, and lead in your life.*

*Tina Wells*



hey you,

burn list

*It's time to let go of everything that's no longer serving you and your business. Write it down and then safely burn it safely or tear it into tiny pieces and flush it all away.*

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THERE IS A  
SEASON, CYCLE,  
AND RHYTHM  
IN LIFE. THE  
SAME IS TRUE IN  
BUSINESS.

TINA WELLS

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