TRANSITION



arise daughters

WORKBOOK

Written By Courtney Washington

IDENTIFY YOUR CURRENT SPIRITUAL SEASON

Understanding what season you are in spiritually can give you clarity on how to move forward. Read the descriptions below and reflect on which season best represents where you are.

WINTER

A season of rest, reflection, and preparation. Things may feel slow or stagnant, but God is working beneath the surface. This is a time to heal, let go, and trust.

SPRING

A season of new beginnings, fresh opportunities, and growth. This is a time to plant seeds, step out in faith, and embrace renewal.

SUMMER

A season of action, productivity, and harvest. Hard work is required, but you will also see the fruit of your labor.

FALL

A season of transition and reaping. This is a time to gather the lessons and blessings from your work while preparing for a period of rest and renewal.

What Season Are You In?

Next write down any assignments from The Lord for this current season.

Be bold: Ask The Lord for the month or date of when this assignment is supposed to begin.

TYING UP LOOSE ENDS

Understanding what season you are in spiritually can give you clarity on how to move forward. Read the descriptions below and reflect on which season best represents where you are.

RELATIONSHIPS

Are there relationships that have served their purpose but are now holding you back? Consider setting boundaries or releasing connections that no longer align with your journey.

FINANCIAL & BUSINESS MATTERS

Are there debts, balances, or commitments that need to be handled? Are there business or ministry tasks that need completion?

PHYSICAL CLUTTER (CLOTHES, OBJECTS, ETC.)

Are there physical items in your home that no longer serve you? Clearing your space can bring clarity and peace.

HABITS & MINDSETS

Are there habits, thought patterns, or routines that were useful before but now slow you down?

IDENTIFY

Tying Up Loose Ends

For each category below, write down anything that needs closure or resolution before stepping into the next season

Relationships

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Financial & Business Matters

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Physical Clutter (Clothes, Objects, etc.)

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Habits & Mindsets

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

ACTION

Create an Action Plan: For each loose end you identified, write down a specific action step to address it.

RELATIONSHIP CLOSURE

FINANCIAL/BUSINESS RESOLUTION:

DECLUTTERING PLAN

BREAKING UNHELPFUL HABITS:

Past Assignments & Commitments

Are there projects, responsibilities, or callings that have been completed and need closure?

FINAL REFLECTION

How do you feel about this transition?

_____

What is one scripture or word of encouragement for this next season? _____

Who can support or hold you accountable in this process?

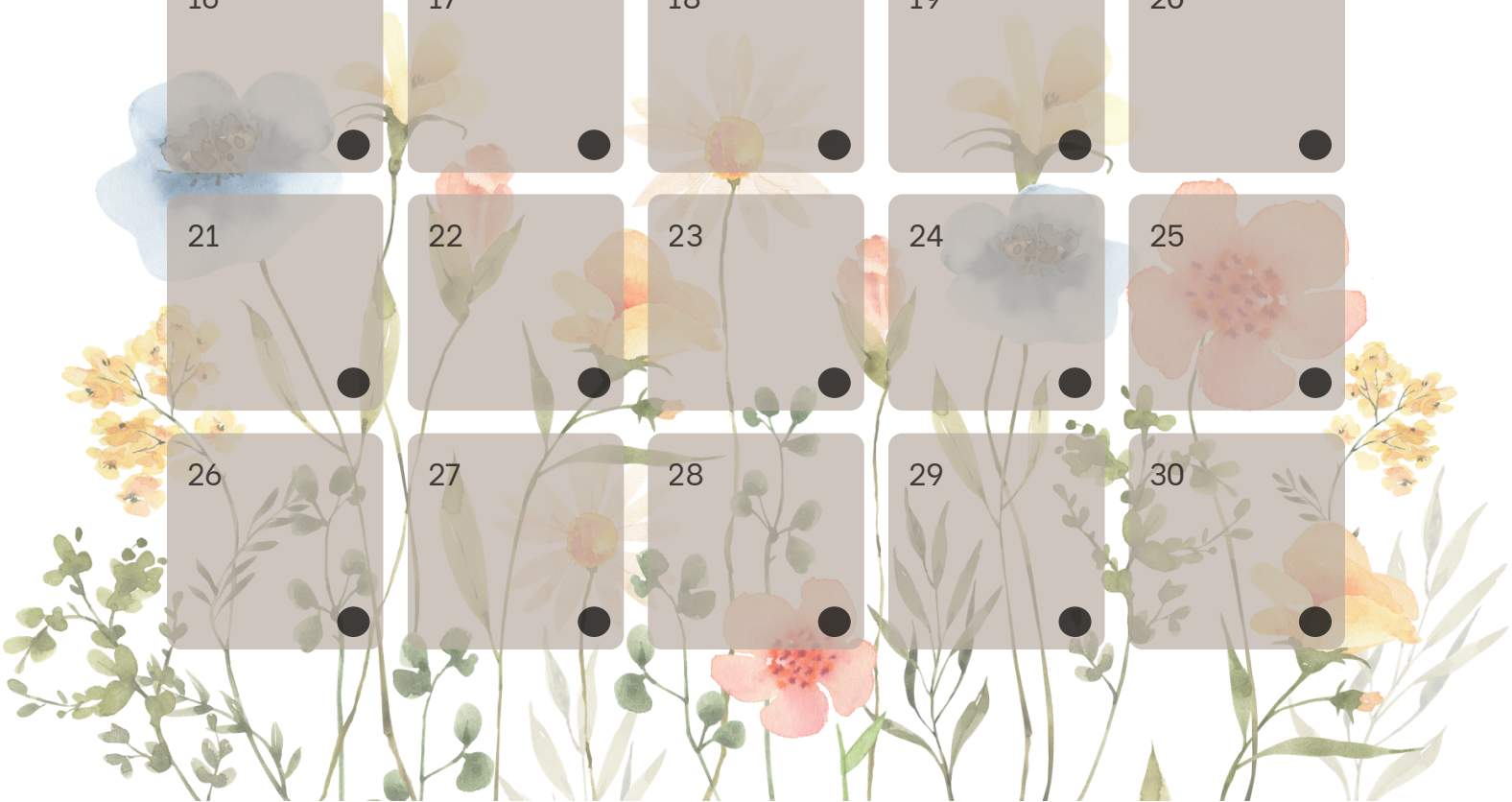
_____

Final Thoughts:

30 DAYS

Action Plan

01	02	03	04	05
06	07	08	09	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30



REMEMBER

Helpful Tips for Tying Up Loose Ends:

1. Pray & Seek Wisdom – Ask God for clarity on what should stay and what should go.
2. Write It Down – Keeping a list helps to organize and prioritize necessary changes.
3. Give Yourself Grace – Transitions take time; don't rush, but remain intentional.
4. Start Small – Pick one category to work on first, then move to the next.
5. Release Without Regret – Let go of what no longer serves you with peace, knowing that God is making room for greater.
6. Celebrate the Completion – Acknowledge and thank God for the closure and new beginnings.

THE TRANSITION ACTION PLAN

Need more insight & support?

join the Arise Daughters Academy

www.arisedaughtersacademy.com