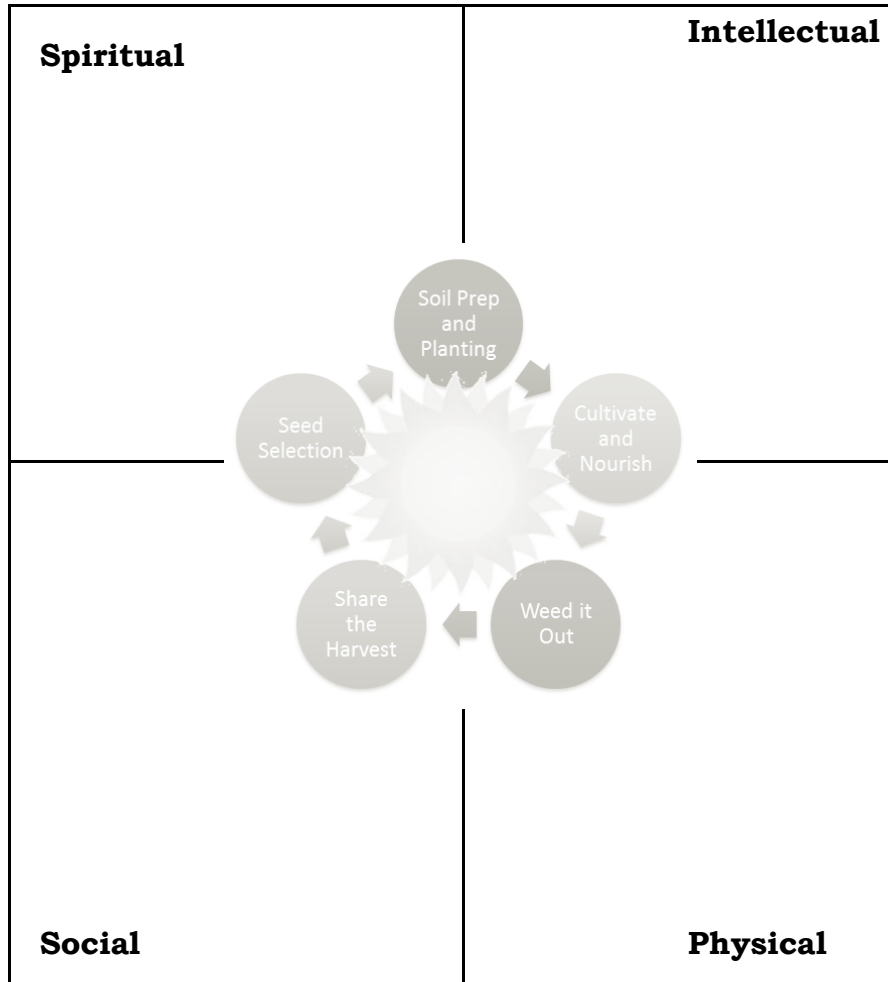
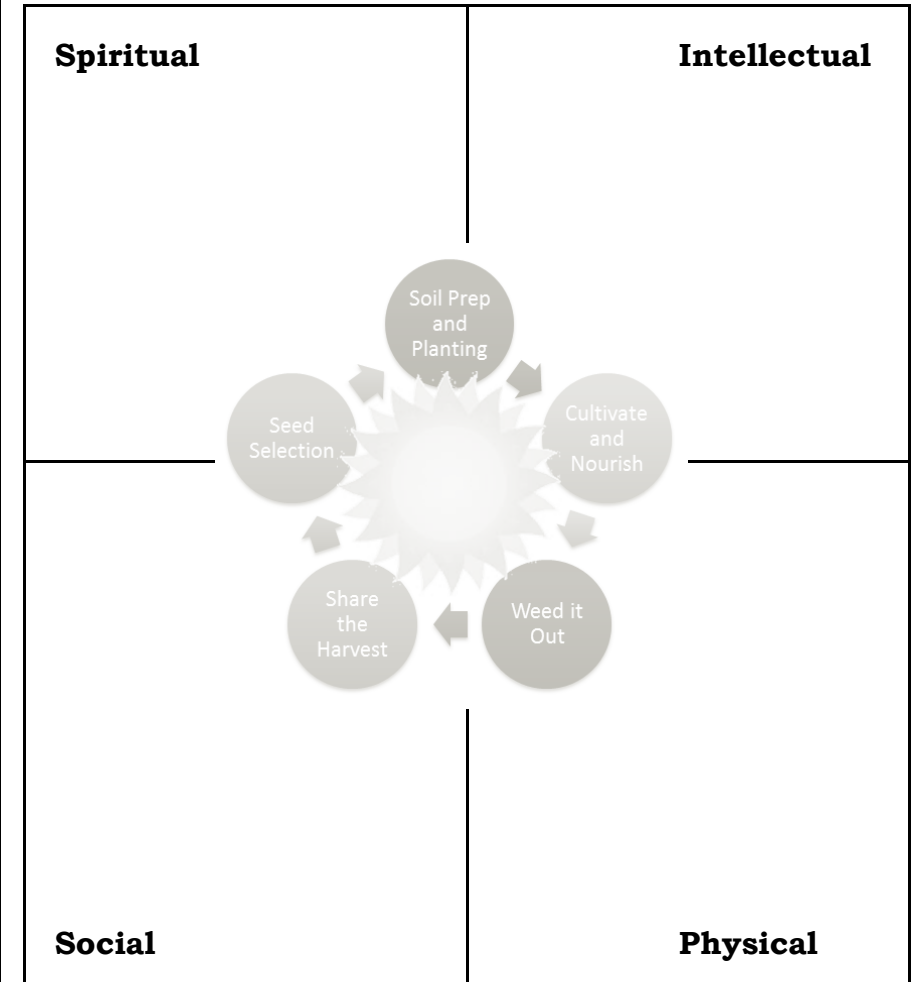


## Quarterly Goals—Winter



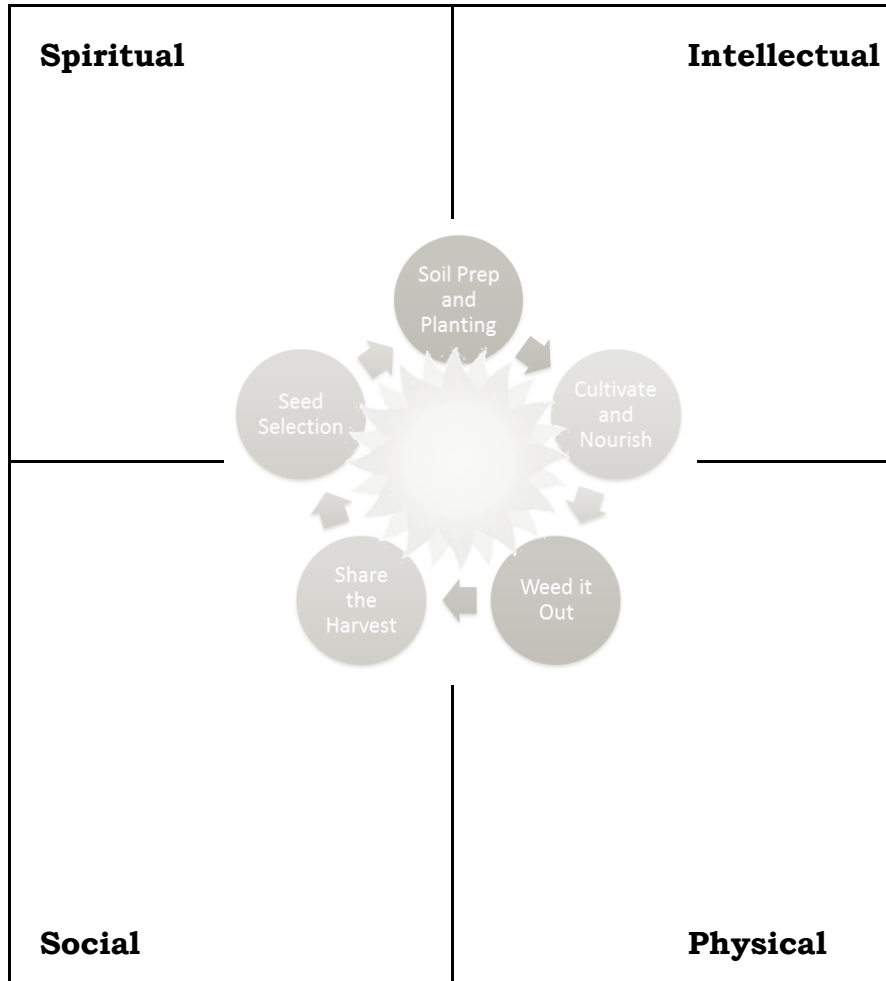
*Winter is the time of year when activity takes place deep within the roots. It is a time for stories and song, for the younger generation to learn from the elder. The cold and darkness urges us to slow down, reflect of spiritual and physical health, replenish and conserve strength. Eating warm soups and whole grains help to warm and nourish the body's core.*

## Quarterly Goals—Spring



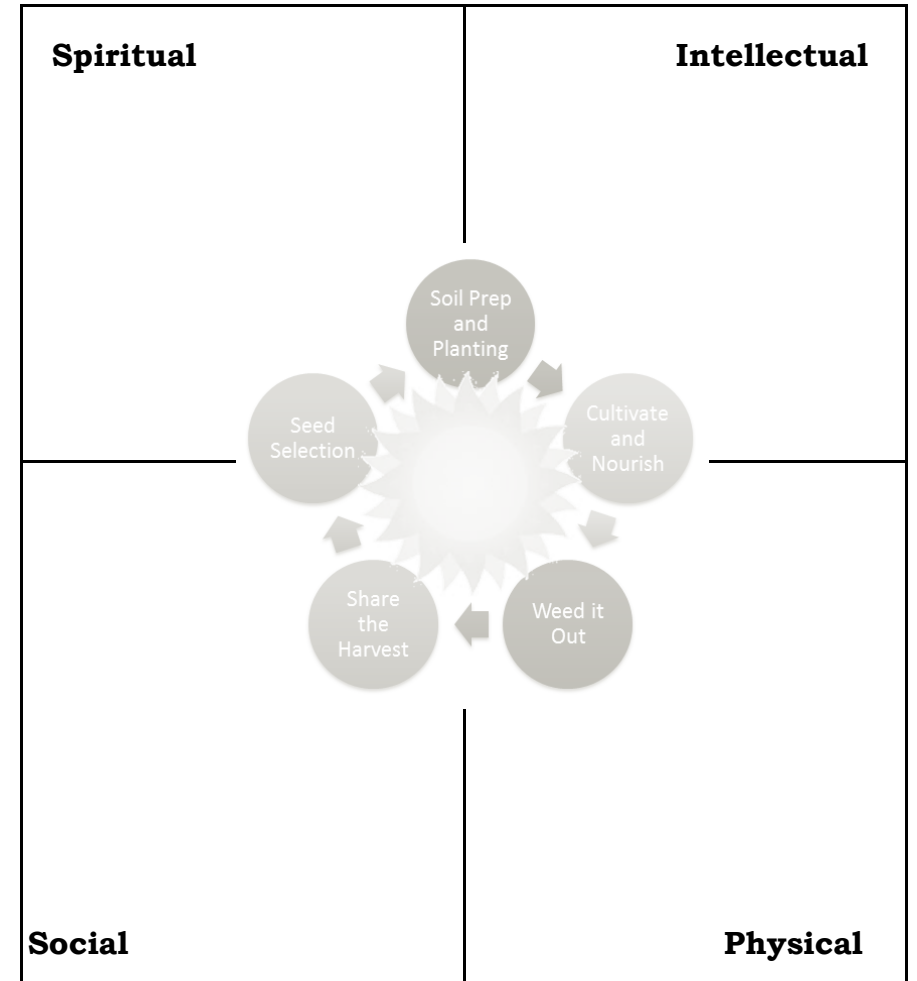
*It is the long-awaited change of winter to spring. Seeds sprout, flowers bloom, and the sun warms the earth. There is a sense of renewal and new life all around. While winter was a time to conserve energy and reduce activity, spring is a time of regeneration, new beginnings, and a renewal of spirit. This is a time when talents/attributes break through the surface of the heart, preparing for future growth .*

## Quarterly Goals—Summer



*The season filled with abundant energy, long days and sunshine. Summer is about expansion, growth, activity and creativity. It is a time of heat, outgoingness, and moving outward in nature and in our lives. This is a time for work, diligence, service and learning. The warmth and joy of family relationships are enjoyed during these months with family gatherings and work projects.*

## Quarterly Goals—Fall



*Autumn is a time of letting go. Just as trees let go of leaves, we can let go of emotional upsets and grudges. It is a time of energy shift from external to internal, to increase inner resolve and prepare for deep contemplation. It's a good time to finish projects that you began in spring and summer – harvesting the bounty of your hard work.*