

Journal Workbook

The Fifth Season: Creativity in the Second Half of Life

by Mark Nepo ¹

Awakening, Creativity, and Service in the Second Half of Life

How to Use This Journal

- Write and draw honestly, not impressively.
- Sit in silence before writing or drawing.
- Return to pages multiple times.

Your Current Season

Which season are you in? (Spring, Summer, Fall, Winter, Fifth Season)

Awakening

What is shifting in my life right now?

¹ *The Fifth Season: Creativity in the Second Half of Life*, by Mark Nepo, (St. Martin's Essentials, New York, July 15, 2025). This Journal Workbook was created by using ChatGPT, April 2026, www.lifesjourney.us. *The Fifth Season* is available through Amazon and other book sellers.

Where am I being called to live more honestly?

Who am I beneath my roles?

Letting Go

What am I holding onto?

What am I afraid to release?

I am ready to release...

Wounds into Wisdom

What has been a defining wound?

How has it shaped me?

What wisdom has emerged?

Creativity

When do I feel most alive?

What wants to be expressed?

Presence & Connection

When do I feel most present?

What distracts me?

Describe a moment you felt truly seen.

Service

How is my life becoming a gift?

Where am I called to serve?

I am stepping into...

Final Integration

What has changed in me?

How will I live differently?

Write your personal declaration.

Closing Reflection — Living Into Your Fifth Season

As you come to the end of this journal journey with **The Fifth Season** by Mark Nepo, pause here. Not to finish—but to **notice**.

You began by exploring where you are...
Moved through letting go...
Faced the truth of your wounds...
Rediscovered your aliveness...
Practiced presence and connection...
And now, you stand at the threshold of something deeper.

What has been revealed is simple, yet not easy:

- You are more than the roles you have played
- Nothing in your life has been wasted
- Your wounds carry wisdom
- Your presence is a gift
- Your life is not something to prove—but something to live

The Fifth Season is not a destination. It is a **way of being**.

The Invitation Before You

The question is no longer: *“What should I do with my life?”*

But rather: *“How do I want to live... from this moment forward?”*

The Fifth Season asks you to:

- Live with **honesty instead of image**
 - Choose **presence instead of distraction**
 - Offer **yourself instead of your performance**
 - Trust **what is unfolding instead of controlling it**
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Encouragement for the Path Ahead

You do not need to become someone new.

You are being invited to **become more fully who you already are**.

There will be days when:

- You slip back into old roles
- You feel uncertain or exposed

- You question whether anything has really changed

This is part of the path.

Return, again and again, to:

- Your breath
 - Your truth
 - Your willingness to stay present
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A Living Commitment

You might carry this forward as a quiet inner vow:

I will live from my soul, not just my role.

I will honor what life has taught me.

I will allow my wounds to remain open enough to love.

I will choose presence when I can, and return when I cannot.

I will trust that my life—just as it is—can be a gift.

A Final Blessing

May you walk gently into this season.

May you trust the unfolding of your life.

May you find courage to release what is no longer yours to carry.

May you discover that you are not alone.

And may your life, lived honestly and openly,

become a quiet light for others.

One Last Question to Carry With You

What would it look like for me to live—today—as if I truly trusted my Fifth Season?

Write your response. Then live into it.
