



A Season's Turn

SPRING · MARCH – MAY

 WILDWITHIN

“The decision has already been made
underground. She is moving before she knows
she’s ready.”

— Rianne · WildWithin

Every year, *spring* catches me.

Not because it surprises me — I know it is coming. But because no amount of knowing prepares you for the moment the quality of light actually shifts. One morning it is different. The angle, the warmth of it, the way it reaches further into the room. And something in my body responds before I have made a single decision about my day.

I notice I want things again.

Not in the grasping, urgent way that comes from scarcity — but in the way that feels more like remembering. An appetite returning. Energy that I had quietly rationed through winter, available again. Ideas that sat still in the cold begin to move.

This is not something I created. Spring did this. The increasing light, the world outside visibly waking — the trees, the birds, the smell of soil beginning to breathe — all of it changes something in the body before the mind catches up.

I have learned to pay attention to that window.

Because what I notice in those first weeks of spring — in myself, and in the women I work with — is that the season does not only bring energy. It brings revelation. What has been forming underground through the months of stillness begins to surface. Not as a decision, not yet as a plan — but as a knowing that has grown too strong to keep quiet.

These processes happen in every season. Seeds crack open in winter. Something always stirs beneath the surface, regardless of the calendar. But spring makes it visible. Spring withdraws the cover — the cold, the dark, the permission to stay inward — and what was forming underneath meets light for the first time.

What surfaces now is not new. It grew in you. In the quiet, in the difficulty, in the seasons you thought nothing was happening.

This guide is an invitation to receive what spring is already offering — the light, the aliveness, the return of your own appetite — and to let it show you what has been waiting to emerge.

With love,
Rianne, founder WildWithin



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The Light Returns

OUR BODY KNEW BEFORE YOU DID

Before she asks what to do with spring,
she notices what spring does to her.

The first energy of spring is not ambition. It is not vision or momentum or the urge to begin.

It is simpler than that. It is the body lifting.

More light means more serotonin, more aliveness, more access to the parts of yourself that went quiet in winter. The returning light is physiological before it is psychological. Your body responds to it before you decide to. You may find yourself staying up later, thinking more fluidly, wanting things you had stopped noticing you missed.

This section asks you to pause before doing anything with that energy — and simply notice what it is showing you.

I notice it first in the light.

The way it arrives earlier now, stays longer,
reaches differently into the room.

Something in my body recognises it before I
name it.

An aliveness I had stopped expecting. An
appetite I had quietly set down somewhere in
the darker months —
returning, not loudly, but unmistakably.

The world outside is in transformation.
Everything simultaneously.

And I am not watching it from a distance. I am
inside it. Changing with it.

Your body has already responded to the shift in this season — before your agenda caught up. When you notice the energy returning, what is the first thing it moves toward? Not what you think you should want. What it actually moves toward.

Name one thing you stopped wanting — or stopped letting yourself want — somewhere in the past six months. Not a category. The specific thing. What is it, and when did you quietly put it down?

What Grew in the Quiet

THE DECISION WAS ALREADY MADE

What has been forming in the dark is
now impossible to ignore.

The second energy of spring is more interior. It is the force of what grew in winter's stillness — underground, invisible, unannounced — now pushing toward the surface.

A seed cracking open underground is not a gentle process. It is an act of considerable force. The shoot pushes through compacted soil, through cold, toward light it cannot yet see.

There is no delicacy in it. Only a deep, unreasonable conviction that it belongs above ground.

What I find true about this for powerful women: the decision is made before anything is visible. The sap moves weeks before the bud appears. She is already in motion before she can name it.

And this movement carries genuine intelligence about timing. A late frost kills what bloomed too early. Moving before the inner structure can hold what wants to emerge costs something. Not caution — discernment. She knows the difference between the force that is genuinely ready and the pressure that simply wants relief.

Something has been forming in the quiet of winter that this season is making impossible to keep underground.

Not because it is new. Because the conditions that once required it to stay hidden are no longer present.

The sap was already moving before the bud appeared. The decision was already made before she could name it.

Spring does not create this force. It only removes what was keeping it from being seen.

There is something you already know — not a general direction, a specific thing — that has been forming long enough that it no longer feels like an idea. It feels like a fact you haven't said out loud yet. Write it here. One sentence.

You have been delaying something. You know which one. Not because you lack the capacity — but because moving on it would require you to be seen, or to close something, or to admit that you are further along than you have let on. What is the delay actually protecting?



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The Honest Step

SMALL. GENUINE. ALREADY OVERDUE.

From inner readiness meeting outer
aliveness, *not from pressure.*

The third energy of spring is the one most women rush toward
— and in rushing, miss.

The first move is not the vision. It is not the announcement,
the launch, the fully-formed plan. It is the first honest contact
between what is ready in you and what the season is asking
for.

It is small. It is precise. It requires nothing to be perfect yet.

What makes it spring energy rather than urgency is its source.
Urgency moves to relieve pressure. Spring moves because something
has genuinely grown to the point where it needs to meet the world.
Those feel different in the body. One contracts. The other opens.

The early blossom is not the fruit. It is the signal that the process
has begun. It does not need to be the finished thing. It only needs to
be honest.

She does not move to prove readiness. She moves because something in her has grown to the point where staying still has become its own kind of dishonesty.

Her first move is not a declaration. It is honest contact.

The smallest true thing she can bring from inside into the world.

Not the most impressive. The most genuine. The one with real force behind it. The one that does not require the whole picture to be clear before she begins.

The full vision doesn't need to be ready for this. What is the one step that has genuine force behind it — the first honest contact, not the launch, not the full decision — that you could take before everything is clear? Write it in one sentence, specific enough that someone else could witness whether you did it or not.

What is the one thing you are still waiting to feel before you begin — and what would it mean to begin without feeling it?

Your First *Spring Move*

Not a plan. Three things. Specific. Named. Yours.

What I am allowing myself to want again | One thing. Not a category. The actual thing — written in a full sentence.

What I am ready to stop keeping private from myself | The thing that has been forming long enough to be a fact. One sentence. Write it as if you are telling someone who already knows.

My first move — named and dated | The specific step. Written precisely enough to be accountable to. And a date: I will do this by

*You do not need to push.
The force is already there.*

You only need to stop holding yourself back
from what has already decided to move.

Spring does not ask for effort. It asks you
to trust the unreasonable conviction that
you belong above ground.

Your timing is not late. The decision was
already made.

With love,
Rianne · WildWithin



“She does not wait until she can see
the light. She moves toward it before
she knows it’s there.”

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