

About Analogue

Analogue is a Field Guide for the Soul.

If you are:

- in search of focus to minimize the noise and get to the heart of life
- looking for ways to live both plugged in and pulled back from the digital age
- craving moments that connect with your soul, while staying engaged in the practical

...then Analogue is for you.

mandythompson.com/analogue

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9



6

See your Season

Now that you've gathered info here, review to see if any patterns connect with possible seasons:

- Growth season
- Harvest season
- Storm season
- Pruning season
- Healing season

...and others.

Also, consider Drew's questions:

- Where is the gift in this season?
- What do you hope to see in this time?

And most importantly: What does this season ask of you?

13

4

HOW TO USE THIS BOOK

Spend a month or two with this little journal, filling in as life allows: use while waiting in lines or lobbies, or place on your alarm clock to review nightly as a type of examen.

Observe and record the weather patterns in your soul. If nothing fits a certain category, don't fill it in. You are simply gathering information.

As you take notes, you may begin to see a certain "Soul Season" emerge through repeated themes, patterns, "Gifts." Use the last few pages to clarify the points and purpose of your season, and proceed accordingly.

Then print another and start again!

1

11

A time
for every
purpose
under
heaven

Growth: What challenges or invitations are present? What decisions am I facing?

Messages: What ideas or advice keep popping up in my life? Any phrases or sacred text?

To
everything
there is a
season,



3

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12

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Dates logged from _____ to _____

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8

SEASON NOTES:

7

Curiosities: What questions or
puzzles am I carrying, what
books am I drawn to?

Longings: What does my soul
reach for with a whispered “want?”