

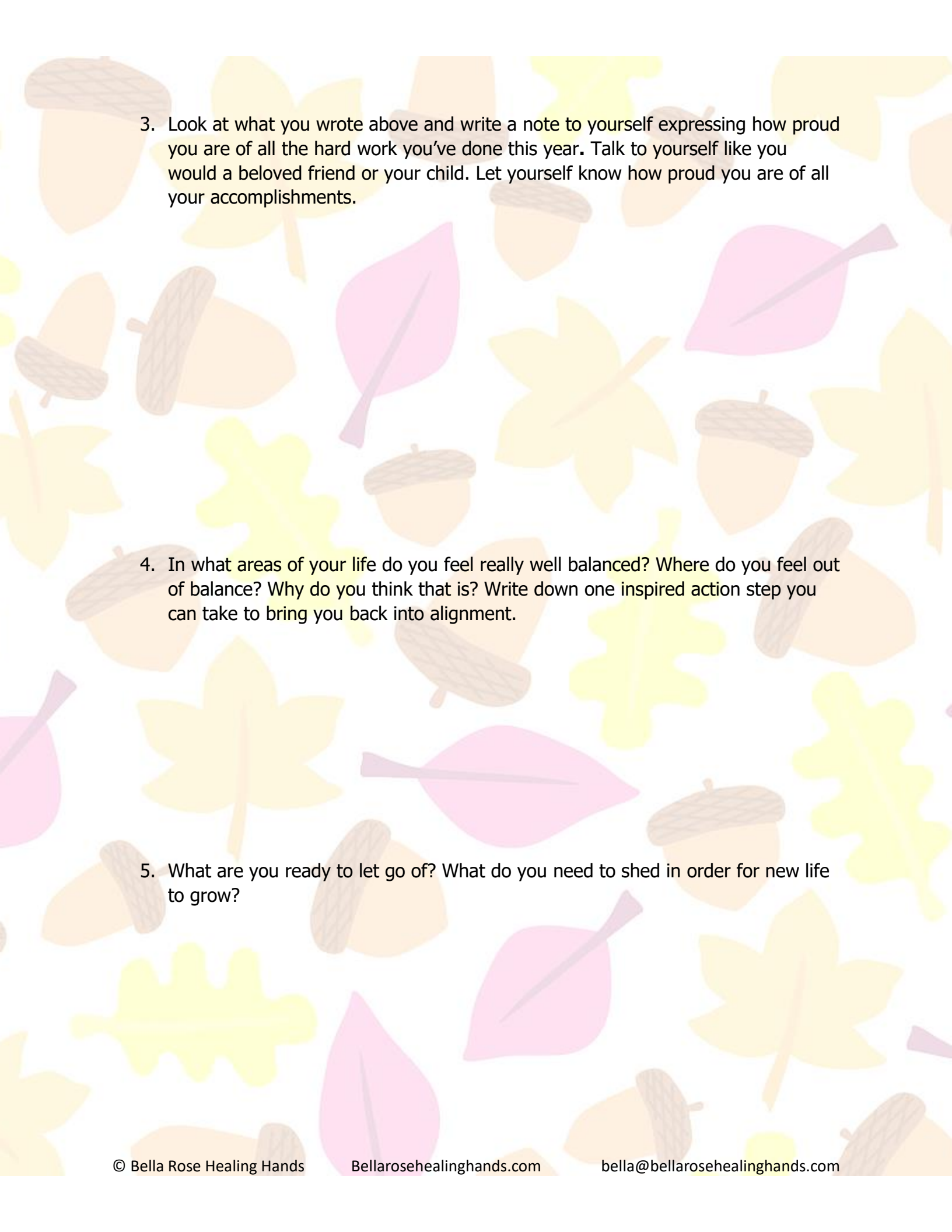
Autumn Reflection Questions

The Autumn Equinox is a perfect time to slow down, give gratitude, and take some time for yourself to reflect on what has happened over the past six months since the Vernal (Spring) Equinox.

I invite you to embrace the changing season with these autumn journaling questions. Reflect on the crisp air, falling leaves, and cozy moments as you explore your thoughts and feelings during this transformative time. Dive into the questions below allowing your journal to become a canvas for capturing the essence of autumn. Let your pen wander and the wisdom of your inner heart flow as you embark on a journey of self-discovery through the pages of your journal this fall. Here are a few journaling questions to get you started.

Before you begin take a few deep breaths, relax your body, and tune into your heart. Use the following pages as sacred space to journal and free-write without judgment. When you are finished writing, remember to give thanks for this time of sacred reflection and self-care.

1. Write a gratitude list of the blessings you received these past 6 months. What abundance did you experience this summer? What blessings have you received?
2. Think about your intentions, goals, and projects. What accomplishments need to be acknowledged and celebrated? Also reflect on the things *within yourself* you've been working on. What changes have you been working on? How have you grown since the beginning of the year?



3. Look at what you wrote above and write a note to yourself expressing how proud you are of all the hard work you've done this year. Talk to yourself like you would a beloved friend or your child. Let yourself know how proud you are of all your accomplishments.

4. In what areas of your life do you feel really well balanced? Where do you feel out of balance? Why do you think that is? Write down one inspired action step you can take to bring you back into alignment.

5. What are you ready to let go of? What do you need to shed in order for new life to grow?