

Autumn Intentions: A Seasonal Reflection Guide

Welcome. You are welcome here.

This resource is designed to help you reflect on your needs and intentions as you go through the late summer and autumn seasons — arriving in not too many weeks at the first day of winter and the winter solstice.

The questions may lead you through a process that feels complete for you in and of itself or it may offer you one process alongside others you also utilize. (It may offer one piece of the collage you are making as you engage with (your) life with thoughtful reflection, intention, and an orientation toward that which feels meaningful to you, important, and/or helpful during this particular time of the year.)

If, like myself, you are living in the Northern Hemisphere, you will notice that as we move through late August, September, October, November, December, the amount and qualities of daylight, dark night, outdoor colour(s), and temperatures move too. What else do you notice moves and shifts? Things in the external world? Things in your inner landscape?

As you explore the questions in this resource, feel welcome to choose time frames for the reflection questions that work for you. You might, for example, want to adapt any or all the questions to consider a smaller period of time at any given time - or you might want to work through a kind of meta level overview of late August through to last day of autumn first — and then go back and consider smaller periods of time (e.g., 1 to 6 weeks, lunar cycles, holidays, or also specific periods that pertain to certain dates that have particular associations for you).

Please don't put any pressure on yourself. You are exploring and bringing listening, curiosity and care - to yourself and your engagement with life. This is about gently

exploring, planting seeds, nourishment. There is no rigidly “one right way” to proceed. Adapt and modify in ways that feel right for you, that work well for you. Maybe you would like to create a collage or photo story or spreadsheet or craft (in nearly any form) as part of your reflection process and engagement. If you prefer typing your responses, there's also a digital companion tool for this guide (see last page of document for details). Follow the creative forms and expressions that want to be followed.

Celebrate and care for the gentle curiosity and the desire to live thoughtfully that are alive in you.

Questions

* Meeting Yourself Where You Are

Take a moment to notice where you are right now, in this day, in this season of your life, in your relationship with autumn, whatever comes up. There's no need to change anything about where you are. Notice what comes up and jot down anything that you feel drawn to note.

From this place of noticing where you are, gently turn your attention toward the season ahead. What draws your attention as you consider moving through the months between now and the winter solstice?

✧ What would you like to offer yourself this season?

From what you've noticed about where you are and what draws your attention about the season ahead, consider, what would feel nourishing, steadying, supportive, important, or even freeing to practice and/or stay connected to as you move through the coming weeks?

✧ What makes this matter to you?

What about your idea(s) above speaks to where you are at right now? What makes it feel important or needed?

✧ How will you know you're actually doing this?

How will you recognize that you're connecting with what you chose? It doesn't need to be perfect or daily, just consider one or two ways you'll know you're engaging with it.

✧ What might this show you about yourself?

What could feel rewarding about following through with this choice?

What might it remind you about who you are when you follow through with this?

* What ripples might emerge?

What connections or effects might you notice as you practice this?

✧ Looking back from the winter solstice in December

When you reach the winter solstice, what would you want to remember about how you moved through this autumn? What would feel satisfying to look back on?

Influence Work

You are doing influence work. The seasons change whether we participate consciously or not. You've chosen to participate with intention and care. This is you using your influence in ways that are helpful and wise.

Digital Companion Tool

As someone who has purchased this guide, you have access to an interactive online version where you can type your responses directly and download them for safekeeping.

Access your interactive tool at: <https://www.inspiringconnections.ca/autumn-intentions-reflection-tool/>

Your password: autumnwithintention

The digital tool contains these same reflection questions in a format that some find convenient for typing and for saving their responses electronically.