

Autumn Reflections: Embracing Change and Letting Go 🍁 ❄️

As the leaves begin to change color and fall, autumn invites us to reflect on the cycles of life—on what we're ready to release, what we're holding onto, and how we're transforming. The beauty of this season lies not just in the colors, but in the quiet, reflective energy it brings. Just like the trees let go of their leaves, we too can release what no longer serves us.

In this worksheet, you'll explore how autumn mirrors the changes in your life and what lessons you can take from this season of transformation.

Part 1: Reflecting on the Season

Take a moment to reflect on autumn. What feelings, memories, or thoughts does this season evoke for you? Is there something comforting about it? Something melancholic? Write down your reflections:

- What do you notice about the changing season around you?
- How does autumn reflect how you're feeling in your life right now? Do you feel like you're in a season of change? Of letting go? Of preparing for something new?
- What have you outgrown? Just like the trees shedding their leaves, what do you feel ready to release in your life? Consider habits, relationships, or ways of thinking that no longer align with who you are becoming.

Part 2: Letting Go to Make Space for Growth

Autumn teaches us that letting go is a necessary part of growth. The trees lose their leaves so they can conserve energy for the winter and prepare for new growth in the spring. What can you release to make space for your own growth?

Journal Prompts:

- What are you holding onto that feels heavy? This could be an emotion, an unresolved conflict, or a fear of change. Write about what's weighing you down.
- What would your life look like if you let go of this? Imagine the space, the energy, and the peace that might come from releasing what's no longer serving you.
- Write a letter of release. Address it to yourself or to the thing you are letting go of. What do you need to say to fully release it? How does it feel to finally set this burden down?

Part 3: Setting Intentions for Your Next Season

As autumn turns into winter, the natural world prepares for a season of rest and reflection. What are you preparing for in your life? This is the time to set intentions for your next season—to decide what you want to nurture in yourself as you move forward.

Journal Prompts:

- What do you want to grow in your life as you move into your next "season"? This could be a new habit, a mindset shift, or a relationship you want to nurture.
- What will you need to do to care for this growth? Just like the trees need time to rest in winter to prepare for spring, how will you support your own growth during this season?
- What is one small step you can take today to honor this new intention?

Creative Exercise: Your Autumn Transformation Vision Board 🍁 🌀

Create a vision board that represents your transformation this season. Use autumn as your inspiration—think of colors, symbols, and images that reflect letting go, preparing for growth, and embracing change. You can make this digitally or with paper, magazines, and photos.

- What symbols from autumn reflect your own personal transformation? Consider things like leaves falling, pumpkins ripening, or the golden light of the season.
- What new vision do you want to create for yourself as you move forward into this next phase of your life?

Final Reflection 🍃 ✨

Take a deep breath and look at all that you've written. Autumn is a reminder that change is a natural part of life—and while letting go can be hard, it's also an act of self-compassion and growth. Embrace this season as a time to release, reflect, and prepare for new beginnings.