

COSY AUTUMN JOURNALLING

Autumn has a way of inviting us back to ourselves. The light softens, the pace steadies, and we start to notice what's no longer needed. It's a season of gentle release - of clearing space for warmth, rest, and clarity.

Use these prompts one weekend to pause, reset, and realign.

REFLECT

NOTICE THE SEASON AROUND YOU

- What small signs of autumn have caught my attention lately - the colours, the air, the slower mornings?
- How do these changes mirror what's happening in me right now?
- What moments this week brought me peace, satisfaction, or quiet pride?

RELEASE

LET GO LIKE THE TREES

- What am I ready to stop carrying?
- Which habits, thoughts, or worries feel like leaves ready to fall?
- Where can I give myself permission to rest or stop pushing so hard?

REBALANCE

CREATE WARMTH AND STABILITY

- What routines or rituals help me feel grounded as the days shorten?
- What do I need more of in my life to feel steady and supported right now?
- How can I build more light - physical or emotional - into my week?

RECONNECT

RETURN TO WHAT MATTERS

- Who or what makes me feel safe, seen, or at home?
- How can I nurture those connections this weekend?
- What simple pleasure can I give myself - something that feels like autumn comfort?

REFOCUS

PLANT SEEDS FOR THE WEEK AHEAD

- What intention feels most aligned for the week to come?
- What one small thing could make next week feel calmer or more purposeful?
- How do I want to show up for myself as the season continues to unfold?

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