



AUTUMN *Reflections*

TAKING TIME TO PAUSE,
REFLECT AND APPRECIATE THIS SEASON

WHAT I'M MOST GRATEFUL FOR THIS AUTUMN



WHAT I'VE ENJOYED MOST
SO FAR THIS SEASON



LESSONS I'VE LEARNT
OR THINGS I'VE GROWN FROM



MOMENTS THAT BROUGHT
ME JOY



THINGS I WANT TO
REMEMBER



WHAT I NEED MORE OF



WHAT I WANT TO LET GO OF



MY INTENTION FOR THE REST OF AUTUMN



