



SEPTEMBER of Simple Intentions

30 GENTLE INVITATIONS FOR
A MORE INTENTIONAL AUTUMN

*How do I want to live this season? Gentle invitations
to choose what matters, let go of what doesn't
and create an autumn you love.*



CREATING SPACE



Make room for what matters.

RETURNING TO YOURSELF



Reconnect with what fills your cup.

HOME & COMFORT



Create warmth, calm and comfort.

NOTICING WHAT MATTERS



Slow down and appreciate the little things.

LOOKING AHEAD



Make thoughtful choices for the season ahead.

REFLECTION & INTENTIONS



Reflect, be grateful and set gentle intentions.

1
Open the windows and welcome in the changing season.



2
Notice the first sign of autumn wherever you are.



3
Clear one small area of your home that no longer feels useful.



4
Choose a slower pace for part of today.



5
Spend ten minutes sitting quietly with a warm drink.



6
Think about how you want this autumn to feel.



7
Write down three things that matter most right now.



8
Take a walk without listening to anything.



9
Make time for something you've been neglecting.



10
Let go of one expectation that feels heavy.



11
Add one small touch of autumn to your home.



12
Light a candle before sunset.



13
Create a cosy corner for reading, resting or thinking.



14
Make a meal that feels comforting and nourishing.



15
Change something in your home that no longer serves you.



16
Pay attention to something beautiful you usually overlook.



17
Watch the evening light as the day ends.



18
Take a photograph that captures this season.



19
Spend time with someone whose company fills your cup.



20
Appreciate something ordinary that makes your life easier.



21
Write down one habit you'd like to carry into autumn.



22
Choose one thing you'd like less of this season.



23
Choose one thing you'd like more of this season.



24
Start a simple autumn ritual.



25
Make a list of small things you're looking forward to.



26
What are you grateful for as summer ends?



27
What has this year taught you so far?



28
What would make this season feel meaningful?



29
What can you simplify right now?



30
Set one gentle intention for October.



*May your September be filled
with cosy moments, kind choices
and the simple beauty of
an intentional autumn.*





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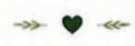
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SEPTEMBER

Journaling Reflections

SIMPLE PROMPTS FOR AN
INTENTIONAL AUTUMN

*Take a moment to slow down, tune in and
reflect on what matters most as this season
of change begins.*



What are you most looking forward to this September?



What is one intention you want to set for this month?



What brings you a sense of comfort and peace at this time of year?



What would you like to release or let go of as this season begins?



What small changes could create more ease and calm in your days?



What do you want to spend more time doing?



How can you nurture your body, mind and spirit this month?



What moments or memories do you want to create this September?



What are you grateful for today?



What would make this September feel like a success for you?



A LITTLE NOTE TO YOUR FUTURE SELF

