

MY AUTUMN DIARY

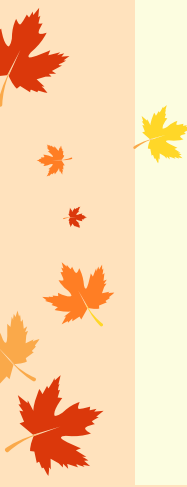
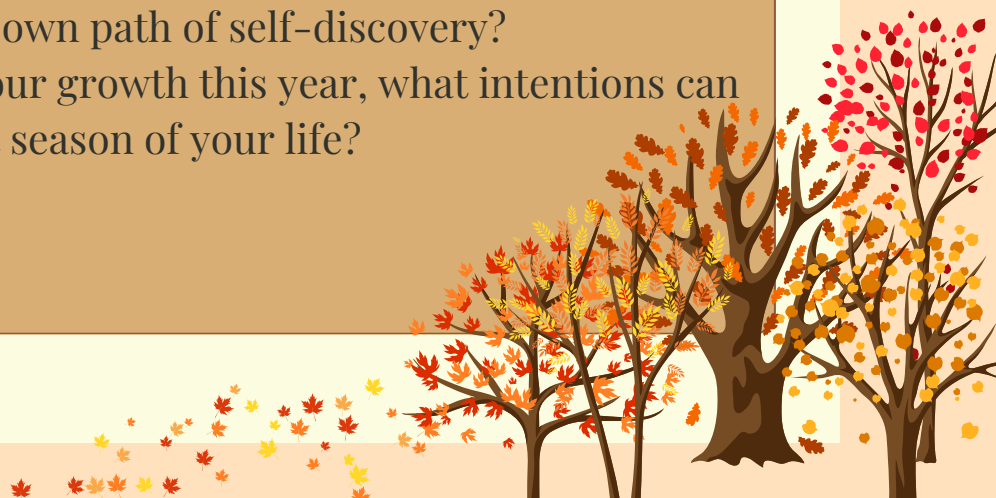
by Sameera Baba

THIS JOURNAL BELONGS TO



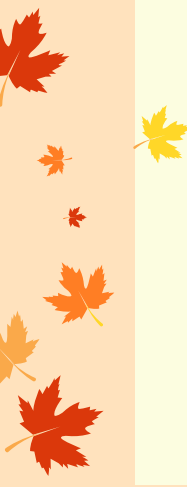



Reflective Questions

- As the leaves change, what aspects of your life would you like to let go of to make room for new growth?
 - How can the concept of harvest inspire you to acknowledge and celebrate your achievements this year?
 - In what ways does the transition to autumn encourage you to reflect on your personal goals and aspirations?
 - What insights have you gained from the challenges you've faced this year, and how can you apply them moving forward?
 - How does the slowing pace of autumn provide you with an opportunity to engage in deeper self-reflection?
 - What fears or limiting beliefs would you like to shed as you enter this new season of your life?
 - How can you cultivate a mindset of gratitude for the lessons learned during this year's journey?
 - In what areas of your life do you need to seek guidance or support as you prepare for the upcoming season?
 - How does the symbolism of transformation in nature resonate with your own path of self-discovery?
 - As you reflect on your growth this year, what intentions can you set for the next season of your life?
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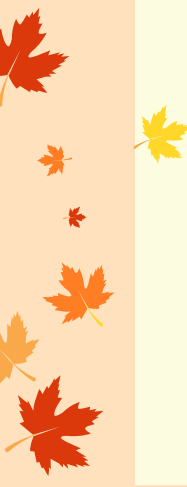
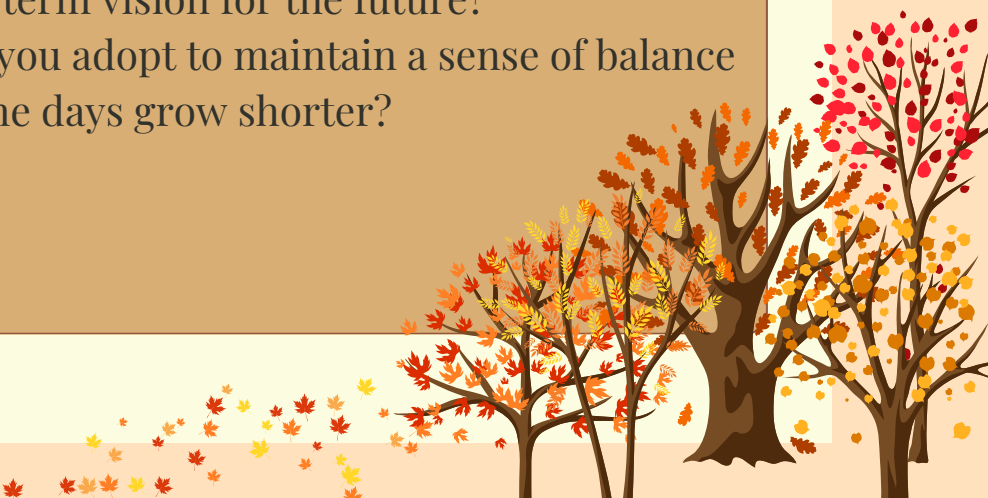


Reflective Questions

- What patterns or habits have you noticed in yourself this year, and how can you consciously choose to change them?
 - How can the beauty of autumn inspire you to appreciate the present moment in your life?
 - What inner resources or strengths have you discovered within yourself this year that you can lean on moving forward?
 - How does the concept of letting go in autumn relate to your ability to forgive yourself and others?
 - In what ways can you create a supportive environment that fosters your personal growth during the autumn months?
 - How do the themes of transition and change resonate with your current life circumstances?
 - What new skills or knowledge do you wish to cultivate as you prepare for the colder months ahead?
 - How can you integrate mindfulness practices into your daily routine to enhance your self-awareness this season?
 - What role does community play in your journey of self-discovery, and how can you nurture those connections?
 - As you reflect on your journey, what legacy do you hope to create by the end of this year?
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Reflective Questions

- What does the concept of “harvest” mean to you in the context of your personal development?
 - How can you use the quieter, introspective nature of autumn to deepen your understanding of your values?
 - What stories or narratives are you ready to rewrite as you transition into this new season?
 - How does the imagery of autumn—such as falling leaves—mirror your own experiences of change and transition?
 - What role does self-compassion play in your journey, especially as you reflect on your progress this year?
 - In what ways can you embrace vulnerability as a strength during this season of reflection?
 - How can you identify and nurture the relationships that support your growth moving forward?
 - What specific actions can you take to ensure you remain aligned with your core goals as the year ends?
 - How does the idea of preparing for winter inspire you to consider your long-term vision for the future?
 - What practices can you adopt to maintain a sense of balance and well-being as the days grow shorter?
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Weekly Planner

Month _____
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Week _____
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Saturday

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Goal

Notes



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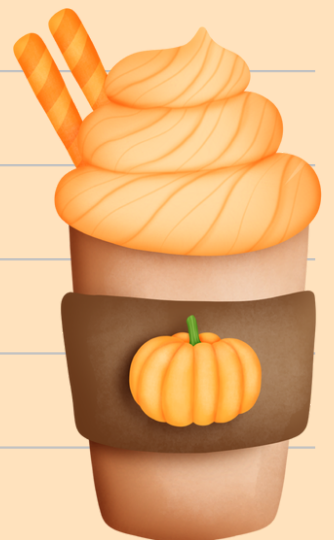
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