

the
SEASONAL
TRANSITIONS

JOURNAL



a journal from

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A BIG WELCOME

A new season is here! Time to celebrate a new season of life and all that comes with it. But before you do, take some time to reflect on the past quarter and set some intentions for the following season.

Spend some time each day this week answering the prompts in this journal to create amazing outcomes for this quarter!

AUTUMN/FALL

Metaphorically, autumn refers to the harvest of goals and intentions you set or planted when the year started and how they have evolved or grown.

This season is a good time to consider what no longer serves you, what you need to let go of, and what needs to wither.



Day 1

Reflect on the past three months.

What were some of the highlights of your summer?

What did you learn?

What are you most proud of?

Day 1

Reflect on the past three months.

What challenges did you face?

How did you grow?

What are some beautiful moments you want to remember?

Day 2

Set your intentions for the season ahead.

What do you want to achieve this autumn?

What do you want to focus on?

What kind of person do you want to be?

Day 2

Set your intentions for the season ahead.

What do you want to let go of?



Day 3

Visualize your autumn.

Close your eyes and picture yourself at the end of autumn, and the start of winter.

What does your life look like?

What are you doing?

Day 3

Visualize your autumn -
what will make it amazing?

Who are you with?

How do you feel?



Day 4

Make a plan.

Now that you know what you want to achieve and focus on, it's time to make a plan.

What are some steps you can take to make your vision a reality?

What do you need to do on a daily, weekly, and monthly basis?

Who can help you achieve your goals?

Day 5

It's time to take the first step
toward this spectacular summer!

Choose one thing that you can do today to start moving in the right direction.
It doesn't have to be a big thing, just something that will get you closer to your goal.



Day 6

Celebrate the new season!

Now it's time to celebrate!

Do something that makes you happy, and take some time
to reflect on all that you've accomplished this past summer.

You're one step closer to your intentions for this fall!

Day 7

Take some time to reflect on what you've learned and accomplished over the past week.

What are you most proud of?

What are you most excited about for the season ahead?

What do you want to continue working on?

*Welcome! Here's to an
amazing autumn!*

STAY FOCUSED

Monthly check-ins

To help you stay on track and achieve your goals, set aside some time each month to check in with yourself. Use these monthly check-ins to help you stay on track and make the most of your year!

Answer the following questions:

What did you accomplish this month?

What did you struggle with?

What are you proud of?

What do you need to work on?

What are your goals for next month?