September Worksheet

IK-INSIGHTS

The Long View - Between Seasons

September reminds us that change rarely happens all at once. Summer doesn't suddenly become autumn; one season gradually makes way for another.

Take these questions outside with you. Walk slowly, look around, and notice what is changing. You do not need to answer them all.

What is beginning to change? What feels as though it is shifting in my work, life, relationships, priorities - or simply in me?

What am I starting to outgrow? What once fitted or felt certain, but may no longer feel quite right?

What is worth gathering? What do I want to carry forward from this year so far - a learning, relationship, habit, strength or experience?

What might I be ready to let go of? What no longer needs my energy, attention or expectation?

What don't I need to have figured out yet? Where could I give myself permission to be between seasons for a while?

My September question

What is this season asking of me?

Closing reflection. We don't always need to rush towards the next chapter. There can be value in the space between - a chance to notice, gather, let go, and allow what comes next to emerge.

What changes when I stop demanding an immediate answer?