The self-coaching minute

Questions for the Autumn

Autumn is harvest time.
It is a season of transition, when we channel our energy inward to focus on what matters most and to prepare for what is to come.
It is a season for letting go of old leaves to prepare for new growth.

- What are the fruits of your effort and energy over the past few months?
- What accomplishments are you proud of? Take some time to recognise them.
- On a personal level, how have you grown since the beginning of the year?
- Using the tree releasing its leaves as a metaphor, what do you need to let go of that no longer serves you in your life? (thoughts, feelings, patterns and habits…)
- As you allow each leaf to drop away, take a moment to notice its shape, and colour, and recognise how it has served you.
- What changes are happening in your life right now?
- What support do you need to prepare for winter and the months to come?