



*Gratitude opens
the heart to
peace*



Gathering In

A Fall Gratitude and Grounding Journal



As the air turns crisp and the days grow shorter, we are invited to turn inward. Fall reminds us that slowing down is part of growth, and that letting go creates space for new life to emerge. This season, take time to reflect, gather your lessons, and ground in gratitude for the blessings both seen and unseen.

Let this journal guide you through gentle reflection and self-connection. Find stillness, breathe deeply, and honor the beauty of your inner harvest.



Grounding Ritual

*Begin each day's reflection with
inner connection*



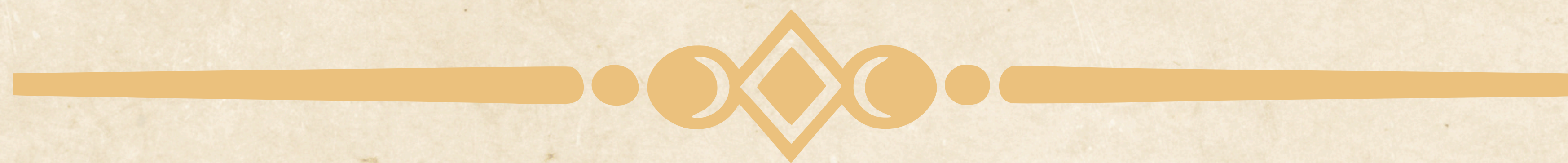
Find a comfortable place to sit, indoors or out and close your eyes. Allow your body to feel held by the seat beneath you, by the solid ground underneath, and the environment you're in. Take 3 slow lung-filled breaths, each one deepening you farther into your own wisdom. Imagine the scents of the autumn air, the sound of falling leaves and the warm rays of sunshine through the trees of the crisp cool air.

With each inhale, gather light and gratitude. With each exhale, release what no longer serves you.

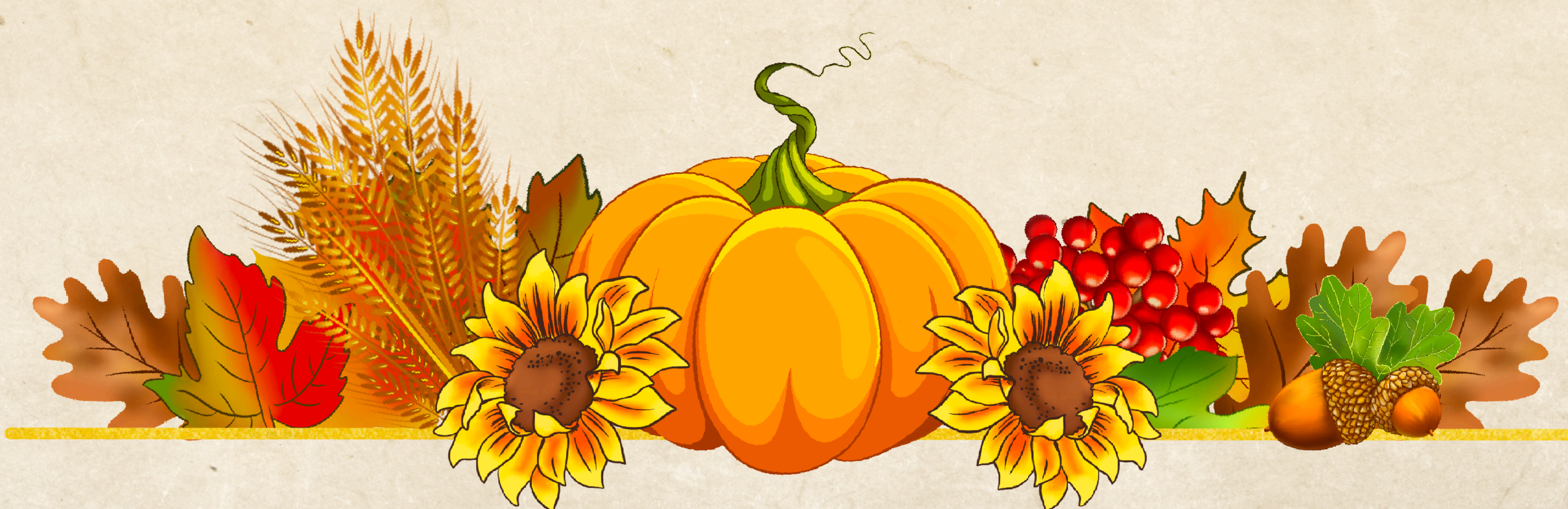
When ready, open your eyes and begin your reflection



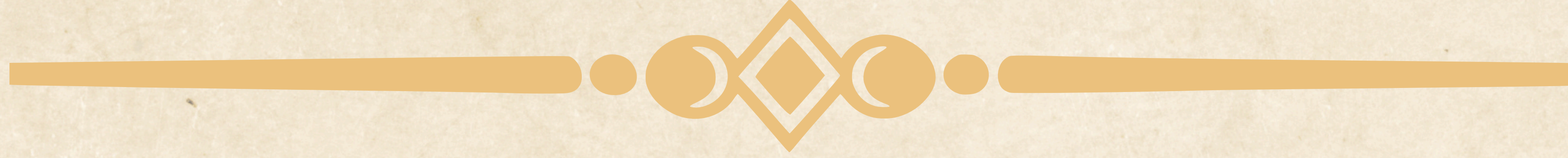
Day 1: Harvesting Gratitude



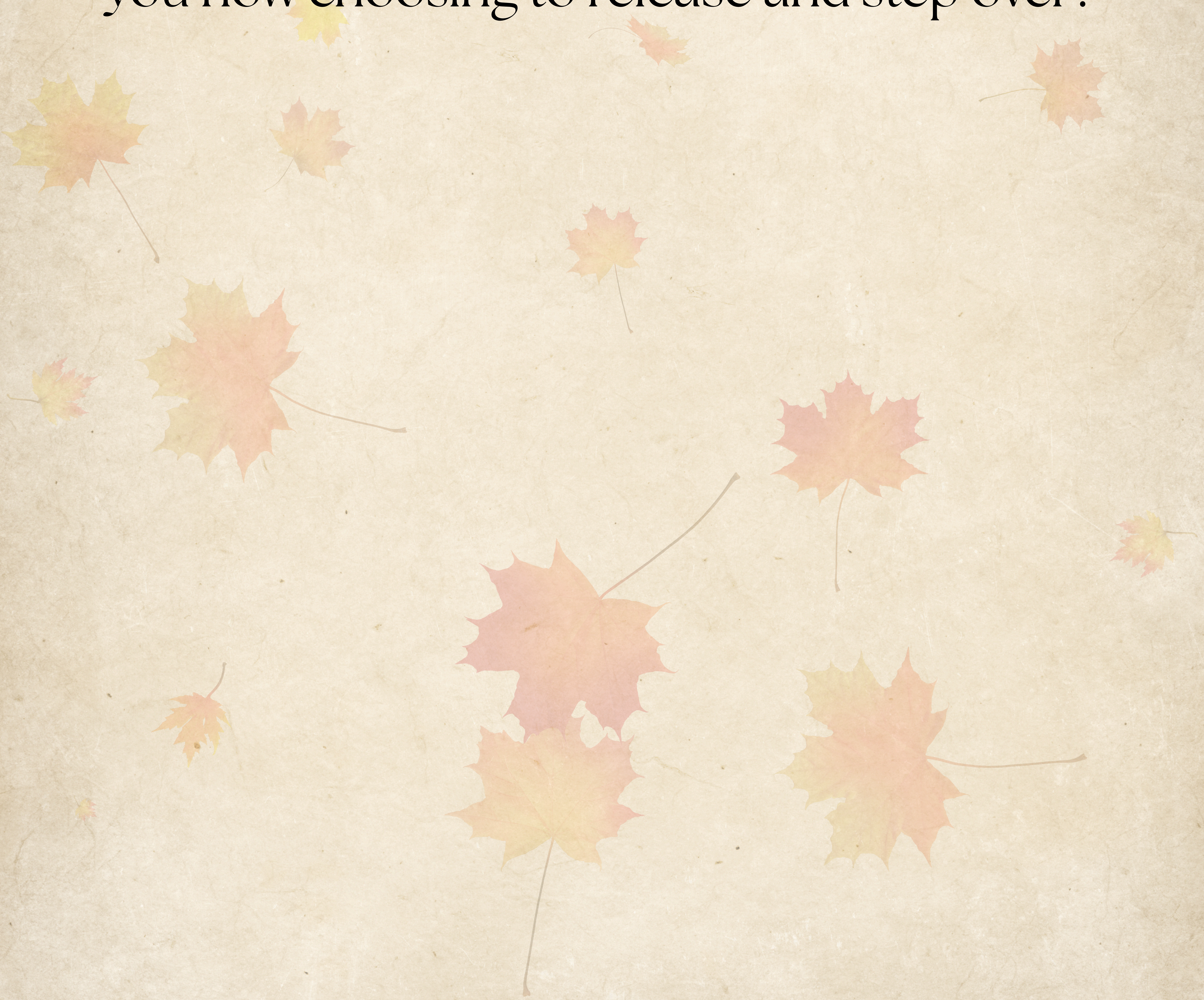
What blessings, lessons, or experiences have ripened for you this year? How have they nourished your growth?



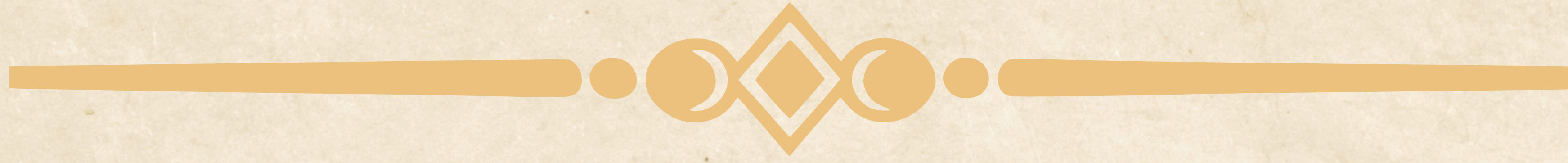
Day 2: Releasing what is ready to fall away



Like leaves falling to the earth to become part of a new forest floor, what habits, worries, or stories are you now choosing to release and step over?



Day 3: Gathering Warmth

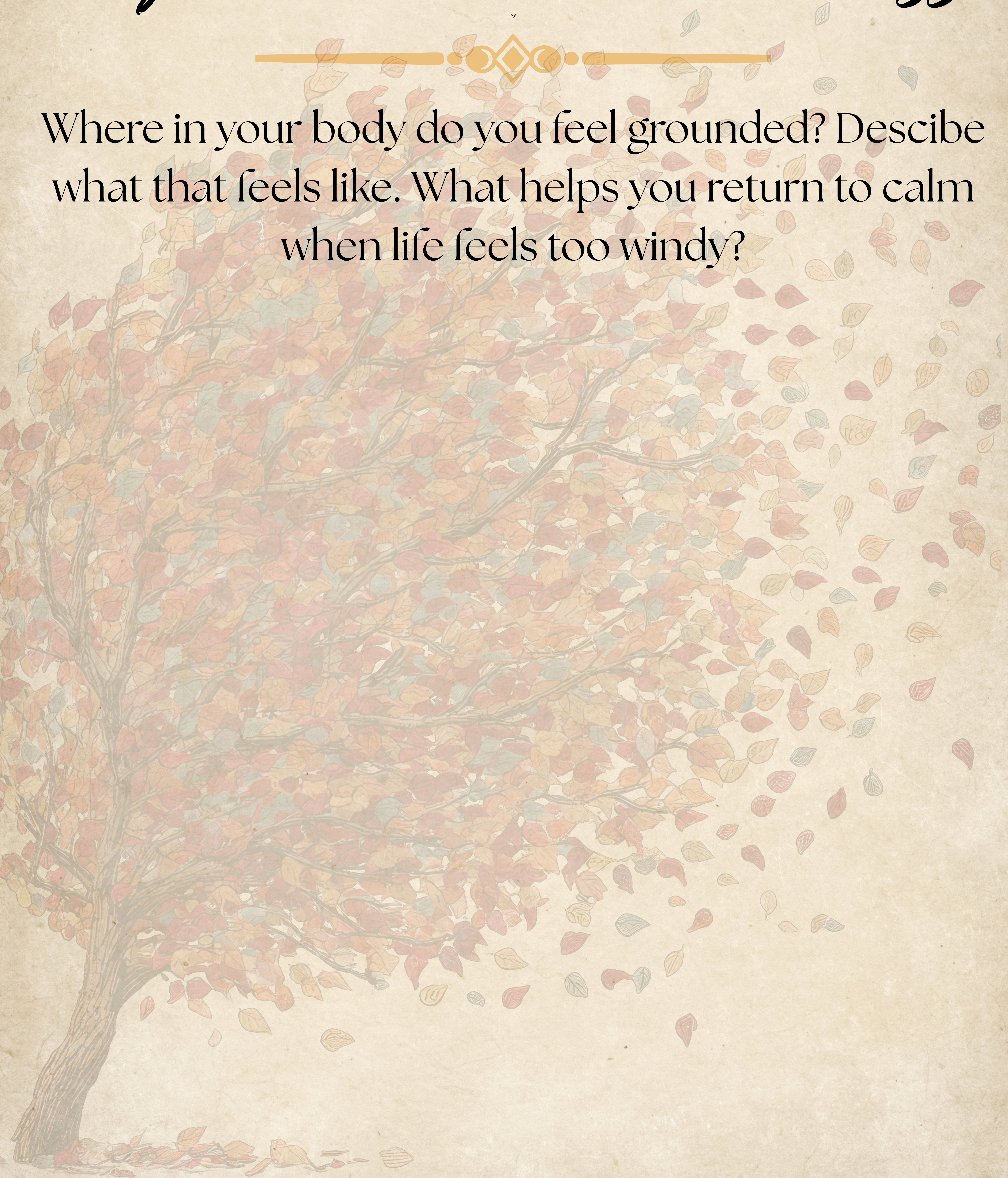


Who helps you feel safe, seen, and supported? How would you like to see that warmth grow? What is one action you can do this week to nurture that warmth?

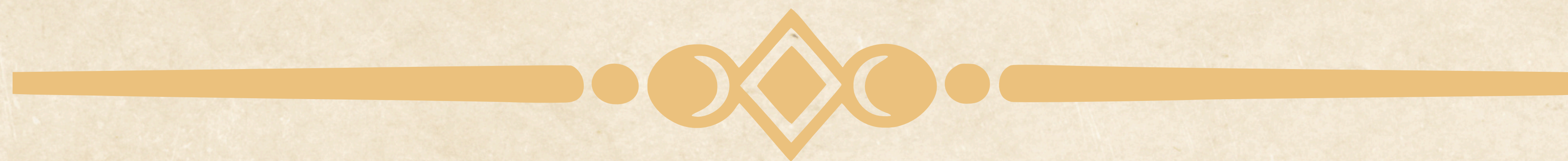


Day 4: Rooted in Stillness

Where in your body do you feel grounded? Describe what that feels like. What helps you return to calm when life feels too windy?



Day 5: Preparing for Renewal



What seeds of intention are you choosing to plant now for your winter rest and spring awakening?



Closing Connection

End each day's reflection with peace.



Imagine yourself walking through a forest path covered in golden leaves. Each step feels lighter, each breath more peaceful.

You pause beneath a great tree. It is ancient, wise, and strong. Place your hands over your heart.

Whisper softly:

“Thank you for this season of becoming.”

Sit in silence for a moment, breathing in gratitude and peace.

