



# Autumnal Equinox Seasonal Planning

Step

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2

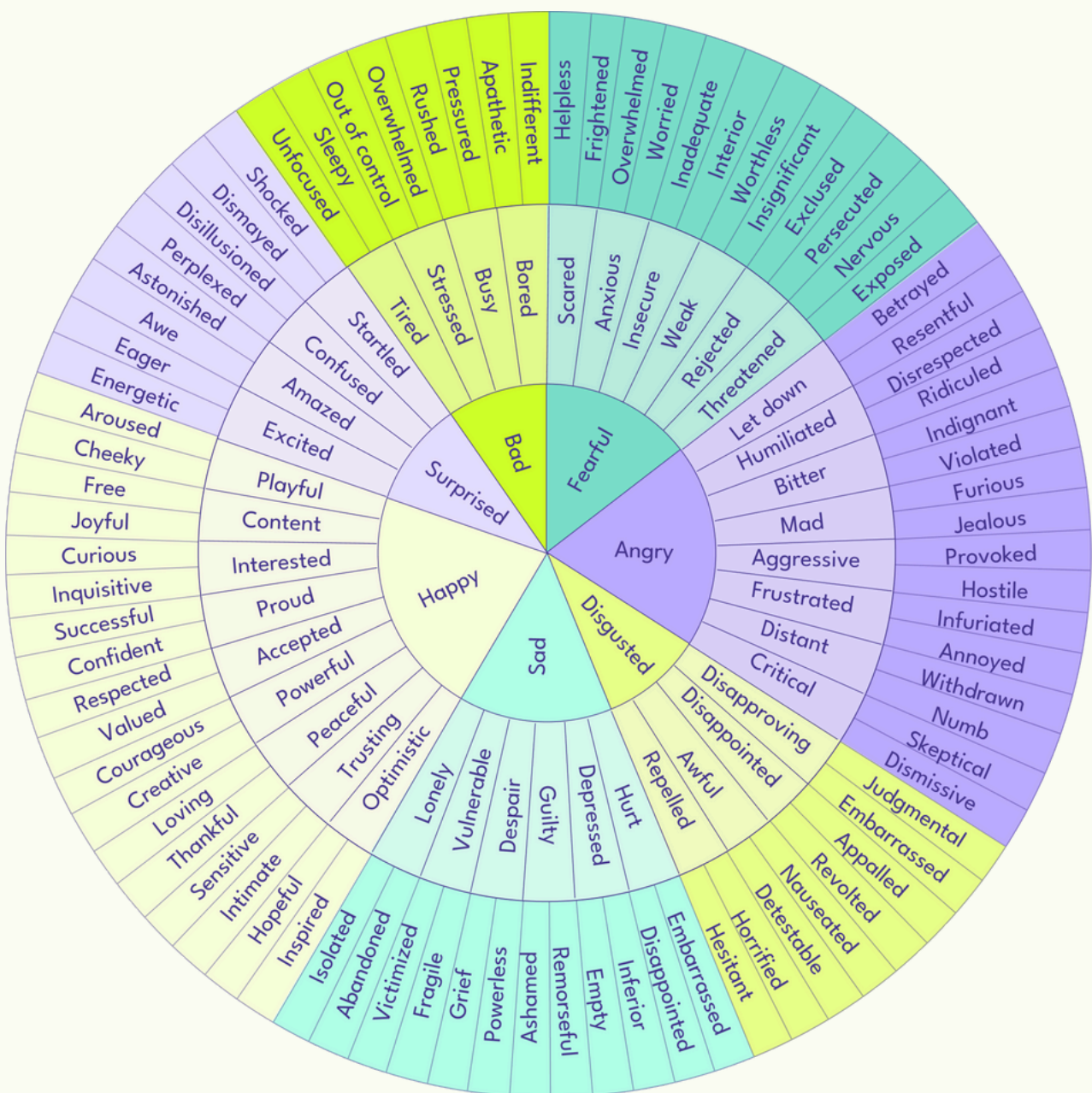
3

4

# Check-in with yourself

Welcome to **Autumn Seasonal Planning!** First things first: how are you feeling?

Choose two words to describe how you are arriving today. Look at the inner ring first, then get more specific by moving towards the outer ring.



Step

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# Looking Back: Part 1

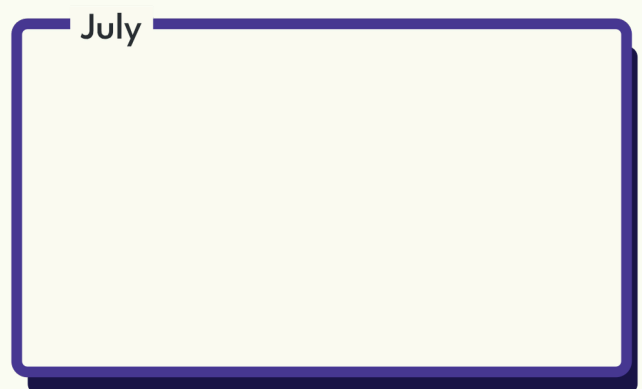
Our first step is to do **a brain dump**. What happened over your Summer?

In the boxes below, jot down some notes about the past few months. We have suggestions about how to jog your memory at the bottom of the page.

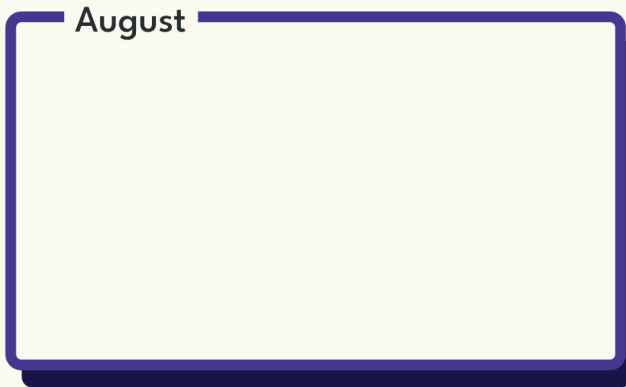
June



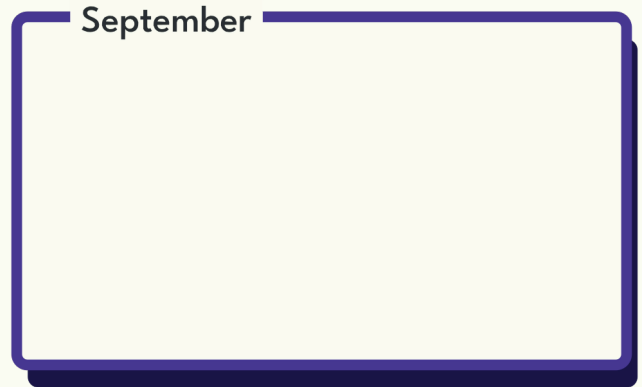
July



August



September



**Where to look:** Your calendar, camera roll, texts to friends, journals, or Notes. If you're a **focused space** member, you can also look at your "Ta-Da List" and your Weekly and Monthly Planning Worksheets.

On the next page, we'll ask ourselves **a few reflection questions** to get perspective on the past few months.

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## Looking Back: Part 2

Let's **dig in a little deeper**. Use the boxes below to guide your reflection.

**Wins**

*What were your wins?*

**Glow**

*How did you contribute to these wins? What strengths did you call on? What kept you motivated to move forward?*

**Grows**

*What could you have said no to? What do you wish you said yes to? What took up more time than you wanted?*

**Takeaways**

*What are your biggest takeaways from this past season?*

Step



# The Road Ahead: Part 1

First, we're going to look ahead at things you already have planned. **What is coming up for you this season?**

In the boxes below, jot down things that are already on your calendar.

**Consider:** Holidays, any planned travel, other special events (birthdays, anniversaries, etc.), and self-care (PCP, dentist, etc.)

September

October

November

December

On the next page, we'll work on **setting some intentions.**

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# The Road Ahead: Part 2

Take a look at the **9 Dimensions of Wellness** below.

Which areas feel **most important to focus on** in the next three months? (We suggest choosing up to three!)



## Environmental Wellness

Developing an awareness of the environment that surrounds you, and enhancing your relationship with it.



## Creative Wellness

Valuing and actively participating in a diverse range of arts and cultural experiences as a means to understand and appreciate the surrounding world.



## Social Wellness

Participating in positive social relationships including friends, family, community, and work-groups.



## Occupational Wellness

Engaging in work, volunteering, organizations, or academic endeavors in a manner that provides personal satisfaction and enrichment, and is consistent with your values, goals, and lifestyle.



## Intellectual Wellness

Fostering critical thinking, developing moral reasoning, expanding world-views and engaging in education for the pursuit of knowledge.



## Physical Wellness

Taking care of your physical health.



## Financial Wellness

Accessing the financial resources and skills that allow you to accomplish your goals.



## Spiritual Wellness

Expanding a sense of purpose and meaning in your life.



## Emotional Wellness

Developing a positive sense of self that is open to and experience a healthy range of emotions.

Step



# The Road Ahead: Part 3

It's time to **set some goals!** Fill out the table below.

Here are a few definitions that might be useful:

**Process goals:** Specific actions (within your control) that will help you get closer to your goals.

**Outcome goals:** A specific milestone that may partially be out of your control.

<b>Dimension of Wellness</b> <i>Write down your selections from the previous page.</i>	<b>Intention</b> <i>What do I want to experience? How do I want to feel?</i>	<b>Goals</b> <i>How will I get there? Choose both process + outcome goals.</i>

Step



# Journeying with Intention

We're almost done! Now's our chance to **set ourselves up for success**.

It's easy to make a plan but never look at it again! So, we suggest **setting a time to follow-up** on your plan for Autumn.

Day	
Time	

*Add it to your calendar or wherever you keep track of upcoming events.*

Lastly, we want to leave you with some final thoughts and questions:

## **What do you need to keep your goals top of mind?**

For example, you could print out this packet and hang it up somewhere you can see it. Or make yourself calendar reminders for certain milestones.

## **Anticipate and plan for barriers.**

Try this exercise: If [*insert barrier here*] occurs, then I will [*insert action here*].

## **Spend time thinking through how you will make progress.**

What is the first step towards each of your goals? How will you track your progress? If you're a focused space member, Wake-Up Calls, Community Sessions, and Weekly/Monthly planning sessions can help!

## **Plan for low energy days!**

We're heading into a season with shorter days. Here's a question we love when we're feeling tired: *What would this goal look like if it were fun?*

## **Share your goals with others!**

Research shows you are 68% more likely to succeed when you share your goals with others — who in your life can help you stay accountable?



# Community Support

As you listen to other participants in the breakout rooms, use this space to jot down any notes, reflections, or thoughts you may have.

Notes + Reflections



**You planned your Autumn,  
which means you're on your  
way to having a great season!**

If you are a **focused space** member,  
we'll see you around the sessions soon!