



JOURNAL PROMPTS

AUTUMN

SOULS & CHAKRAS

AUTUMN VIBES

In nature, and also in cyclical living, autumn is the season of letting go, reflecting and turning inwards.

It is time to slow down and allow yourself to rest and regularly tune in with yourself and listen to what you need.

The following journal prompts might help you with this.



Journal prompts for autumn

- How does autumn make me feel?
- What helps me slow down?
- What intention do I want to set for this season?
- How do I make the time I spent with people more intentional?
- How do I recharge?
- How do I savor the time I get alone?
- How do I embrace my authentic self?
- How does it feel to be the age I currently am?
- What do I wish others knew about me?
- What do I judge myself for? How can I let go of that judgment?
- What am I most grateful for?

