



## SEPTEMBER JOURNALING THEME

### **Change Is in the Air**

September eases us out of one season and into the next. A cooler edge to the morning air, morning arriving later, nighttime coming sooner.

It's a hinge month. Fall routines return as summer ones exit. There's an older rhythm at work as well: this is harvest time. The natural world spends September gathering in what it spent all spring and summer growing, and letting go of what it no longer needs to carry.

That's the invitation this month offers a journal. Not a New Year's-style reinvention, but something a chance to ask what in your own life is ripening and ready to be gathered, and what's ready to be released, the way a tree releases its leaves without any grief about it.

### **Four Prompts for the Month**

#### **1. Harvest What have you grown this year that's finally ready to be put to use?**

Think of the season behind you, the effort, the small daily work of it, the way you'd think of a garden. What's ripe now? What are you ready to harvest and use?

#### **2. Release What is it time to let go of, the way a tree lets go of a leaf?**

What would it look like to release something this way: without a grudge against it, just because the season has changed and you no longer need to hold it?

#### **3. Light As the days grow shorter, where do you need to intentionally hold on to light?**

September marks the turn toward less daylight. Where in your life, a relationship, a habit, a hope, do you feel that same dimming? Is it a sad thing, or something you're ready to release?

#### **4. Threshold What threshold are you standing on right now?**

Every changing season is a doorway, not just an ending. If September is the threshold between one version of your life and the next, or one chapter and another, what do you sense waiting on the other side, and what's one small step that would carry you through it?