

Autumn Alignment Kit 2016



It is Autumn Equinox in the Northern Hemisphere.

We are on a threshold of Summer into Autumn, and of the fullness that is the Autumn season.

This Autumn Alignment Kit is an invitation for you to:

- Discover the gifts of being on a threshold
- Harvest the bounty of this year's growth
- Release what is no longer needed
- Nurture yourself with gratitude

It is my intention that with these Kits, you have an opportunity to align with your true self, and also with the powerful rhythms of nature that can support you.

What is possible for you when you live in awareness of the fullness of your life?

Being on the Threshold



In this year's Alignment Kits, we have been exploring the power of thresholds.

Bring your awareness to being on the threshold of Summer into Fall. You can see where you have been, but you may have only a glimpse of what's ahead.

What is now behind you?

What do you want to celebrate?

What does it feel like to be in Not Knowing about the future?

Being on a Threshold (con't)



We're often taught that we need to see the path and the destination before we move forward in our lives. However, if we wait for that, we may miss the adventure, magic, and serendipity of the journey.

What do you know about your path ahead?

What happens if you allow yourself to Not Know the rest, at least for now?

Focus on a transition or project in your life right now. What if you let yourself move forward, knowing only the next step?

Harvesting the Bounty



Autumn is the time when we celebrate the bounty of our growth.

How have you grown as a person this year?

What has come to fruition in your life?

Harvesting the Bounty (con't)



Reflect on all the ways that you have been faithful to your true self and your core values over the last season.

What have you learned, from being on your own, true path?

Release What You Don't Need



Deciduous trees release what they no longer need in Autumn, as they begin their long process of preparation for the next growing season.

What is it now time to let go of, for you?

Nurture Yourself with Gratitude



When we turn our focus to all of the abundance in our lives, we recognize how blessed we are. This makes us feel good and nurtures us.

What do you truly feel grateful for?

Thank you!



Thank you for taking the time to reflect and have a conversation with your true self.

I hope you have enjoyed this Autumn Alignment Kit.

Many blessings and much love,
Lynne

[Lynne Fairchild](#), PCC, MBA
Professional Certified Coach