

# SEPTEMBER

## Journal & Meditation Prompts

- 1: What does September bring that makes you want to relax into?
- 2: How can you take up more space as your authentic self today?
- 3: Head outside to feel the temperature, the sun, the wind, the earth as it exists in September, and write about it.
- 4: Which part of yourself (body, mind, spirit, energy, external world) feels most rested today? Why?
- 5: Which part of yourself (body, mind, spirit, energy, external world) needs the most rest today? Why?
- 6: What does rest sound like to you? Smell like? Taste like?
- 7: Go outside and notice how nature rests. How do birds, trees, clouds, sun, and water rest?
- 8: What elements of nature at rest (see September 7th) can you bring into your own body?
- 9: When you show up rested in your day, how does it flow differently than when you aren't?
- 10: Listen to your favorite music and notice the pauses instead of the lyrics or melody.
- 11: How do you balance planning and reflection in your week?
- 12: Set a mindful intention for this week.
- 13: For what reason did you choose yesterday's intention?
- 14: What part of your weekly intention (from September 12th) is devoted to your heart?
- 15: In what ways are you in the right time, space, and mindset for your intention today?
- 16: What can you expand in your day for more joy?
- 17: Spend time outside today deeply absorbing the energy, light, air, and scent of September.
- 18: Observe the time of the sunrise and sunsets this week. How do they make you feel?
- 19: Do you include time for yourself before sunrise? Why or why not?
- 20: If you could spend five minutes (or 5 minutes more) on yourself before sunrise, what would feel good?
- 21: Try to implement your idea from yesterday, if only for five minutes. Reflect.
- 22: What do you crave in your mornings? How can you start to bring more of that into your morning space?
- 23: Where does your body feel the sunrise?
- 24: Spend your morning greeting the sunrise with love. Ask for help if you need time or space to yourself.
- 25: List all the sensations you have noticed about September so far. Use all the senses.
- 26: Which sensation from your list yesterday has been your favorite? Dive into that sense and explore it with your other senses.
- 27: Instead of a to-do list, make a list of sensations or sensory experiences you want to follow through your day. For example, the scent of coffee, the feel of a warm jacket, the sound of traffic. Take notes.
- 28: Head outside and use your drishti, your soft visual awareness, to notice all the brown things around you.
29. If September had a flavor, a scent, a sound, a texture, what would these be?
30. Choose your favorite sensation from September and see where you can find it today.

