

Autumn Alignment Kit 2021



In the Northern Hemisphere, today is Autumn Equinox. It is the day that Autumn begins.

Covid is still very present in most of our communities, and many of us are facing another Autumn and Winter of uncertainty.

A lot of us are tired. In our fatigue, it becomes more and more important to know what is essential to us, and to tend to that essence.

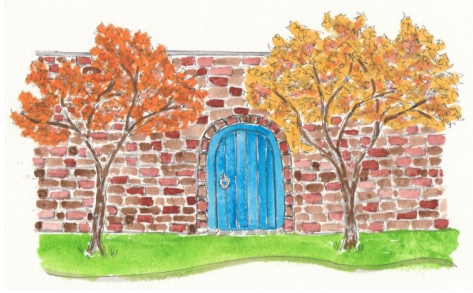
Autumn represents Harvest, a gathering in.

It is a season when we “gather in”, in preparation for the next phase of our lives.

This Alignment Kit is about gathering in the essence of ourselves and our lives.

What would you like to gather in?

The Invitation of Autumn: Harvest the Essence



Harvesting is a gathering in.

Autumn offers an invitation to harvest that which is most precious to us, and to pay attention to that essence, as we move forward in the next few months. This invitation extends to both the essence of who we are, and the essence of our lives.

For many of us, Covid-19 has drawn our attention to the value of life, and perhaps to our vulnerability. It has shined a light on the importance of devoting our life energy to those things that really matter to us.

What really matters to you?

Questions



Questions, when held lightly and curiously, are like doorways to our souls.

Just by merely holding questions in our heart, they begin to answer themselves in the right timing.

What are your questions about your life right now?

What are your questions about yourself?

Gathering In the Essential



If we were to “gather in the essential” this Autumn, in ourselves and in our lives, we would pay attention to *being* our essential selves and to *doing* what is essential to us.

How do you know what is essential to you, and in you?

How would you like to gather it in?

As you gather in the essential, you become aware of that which is not essential.
What would you like to let go?

The Essence of You



We are happiest and most fulfilled (and more able to contribute meaningfully to others' well-being) when we are being our true and most essential selves.

What are the most essential aspects of you?

These are the qualities of you that without them, you would not be you.

What are your core values?

How would those close to you describe your core nature?

The Essentials of Your Life



Covid has had many of us doing a rethink of what matters most to us. With this virus, we have continual reminders of the fragility of our lives.

It is time to do what we are here to do.

What are the essentials of your life?

What matters most to you, in your life?

What are you here to do?

Taking Essential Action



Now that you have begun to get a sense of your essence and of what's essential in your life, it's time to "take it on the road."

As you are more clear about the nature of your essential self, you can "be" that more often.

And when you understand more clearly what matters most in your life, you can intentionally focus more of your attention and action on those things.

Who is it important for you to be now?

What is essential to do?

What will help you remain true to the essential as you move forward?

Return



Return to the first page, and re-read all of your answers to all of the questions, with an open and curious mind, and a compassionate heart.

What are the themes that you see throughout the pages?

What has become clear for you?

What actions or commitments are you inspired to, from your reflections?

Thank You



I hope that as a result of having this conversation with your soul, you now see your life and your self with new eyes.

I hope that you have a clearer sense of the essential you, and of what matters most in your life.

That new clarity will allow you to “gather in” and pay attention to what’s most important to you.

I wish for you to enjoy your “gathering in” process this Autumn.

Life Coaching is all about discovering the essence of who you are and taking action on the things that matter most to you.

If you’d ever like to explore the ways that coaching could support you in this journey, please send me an email and we can have a complimentary conversation about it.

With much love, and many blessings,
Lynne

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