

Autumn Alignment Kit 2025



Today is Autumn Equinox in the Northern Hemisphere. It is the day when Autumn officially begins.

We are on the threshold of a seasonal transition, from the robust growth of Summer into the harvesting of Autumn.

Nature can help us tune into our own natural cycles, as She goes through her cycles.

In this Alignment Kit, we will focus on Tending the Soul.

We are living in an environment of chaos and uncertainty, and many of us are experiencing heartbreak, for lots of reasons.

When this is our everyday reality, it is essential for us to tend to our souls so that we don't lose ourselves in very challenging outer conditions.

Simply put, soul-tending becomes essential, not optional.

Before we begin to explore soul-tending, let's check in on your experience with the Summer Alignment Kit, which was about Renewal.

In what ways did you Renew, over the Summer?

Soul-Tending



For this Alignment Kit, I am beginning with these premises:

- We are all living in challenging outer circumstances (it looks different for each of us, but if we are sensitive beings, it generally includes some version of chaos, uncertainty and heartbreak).
- We need to tend to our souls in order to maintain our connection with, and our faithfulness to, our true selves. In these circumstances, soul-tending becomes essential, not optional.
- Soul-tending is something that all of us agree is a good idea, but many of us find it challenging to prioritize it.

This Kit is a little different from most of my Alignment Kits, because it is more action-oriented.

I am inviting you to take an honest look at your current soul-tending practices, be open to exploring new practices, and to develop a plan to prioritize your soul-tending, no kidding, for sure this time. 😊

What is Soul-Tending for you?

Take Stock of Your Current Soul-Tending



Let's begin by taking an honest look at what you do now to tend your soul.

Be very compassionate with yourself if you find it challenging to prioritize tending to your soul. We all live very busy lives, full of commitments and demands for our attention. It may be hard to find the time or energy to tend to your soul.

What are you currently doing to tend to your soul?

In what ways is your current soul-tending working well for you?

What could work better for you?

Just observe, no judgment.

What are your “Go-To” soul-tending practices?

The ones you consistently rely on.

What practices bring you back to your true self?

Explore Possibilities for Soul-Tending



We are all familiar with lots of ways to tend to our souls.

Soul-tending is a very individual practice that looks different for each person.

Over time, what works best for us changes.

Here is a list of just a few possibilities for Soul-Tending.

- Being in Nature
- Gardening
- Cooking
- Walking or running
- Creativity
- Spiritual Practice
- Immersing in beauty or culture
- Laughter
- Play
- Solitude
- Service to others
- Conscious breathing
- Meditation
- Guided visualization
- Journaling
- Learning

What else?

What are the soul-tending practices that **always** work for you?

Which soul-tending practices do you **love** the most?

What **new** soul-tending practices would you like to try?

Make Soul-Tending a Priority



As the chaos, tension, uncertainty and heartbreak increase in our lives, soul-tending becomes more important.

What would be the **impact for you** if you considered soul-tending to be essential, not optional?

What would be **different in your life** if you made soul-tending essential, not optional?

What is challenging about prioritizing soul-tending?

How can you overcome those challenges?

What is your plan for soul-tending, moving forward?

Stop:

Start:

Continue:

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 would you like to tweak about your soul-tending?

What will you need to say “No” to, in your life, to prioritize soul-tending?

What are you now committed to, for the sake of your soul?

Thank You



I hope that this conversation with your soul has inspired you to embrace soul-tending in new or enhanced ways that will support and nourish you in these challenging times.

The changes in Nature in Autumn can help us implement nurturing changes in our own lives.

We can choose to align ourselves with Nature's cycles, to help guide us on our life's journey.

With much love and many blessings,

Lynne

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