

# FALL RESILIENCY PLAN

S E P T E M B E R - D E C E M B E R

## Getting Started

Start by setting up a safe space for yourself to focus. Maybe you light a candle and make some tea, find your favorite blanket, and get cozy. You might like to have a separate journal, different colored pens, and your favorite books to draw inspiration from. Or, feel free to print this off and write directly on it!

## Grounding Breathe

Take a few minutes to ground yourself. Place your feet to the floor, sit tall, and rest your palms facing up on your lap as a gesture of openness. Start by tuning into your breath. Begin to notice the quality of each inhale and exhale, and then slow each breathe down by using a box pattern:

inhale 4 counts, hold 4 counts, exhale 4 counts, hold 4 counts.

## Set An Intention

If it feels right, say a prayer or set an intention for the time you have set aside for this sacred work. Be gentle and kind with yourself through this process of discovery.



# PART 1: REFLECTING BACK / IMAGINING FORWARD

1. Think back on the year so far and list out what you're grateful for. What has been hard, and what has been good?

The Good 

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The Hard 

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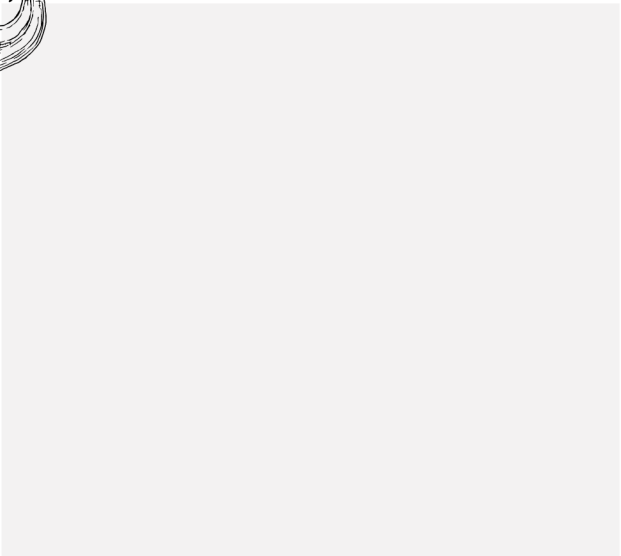
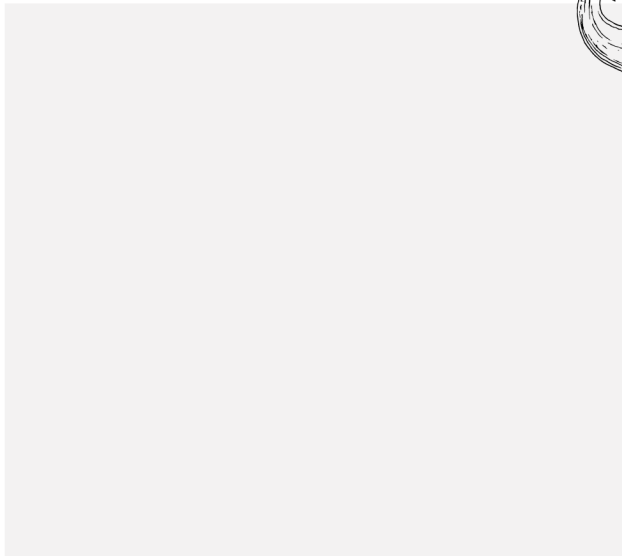
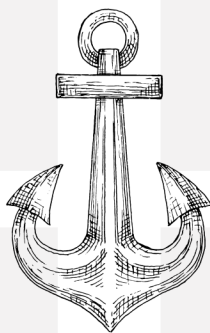
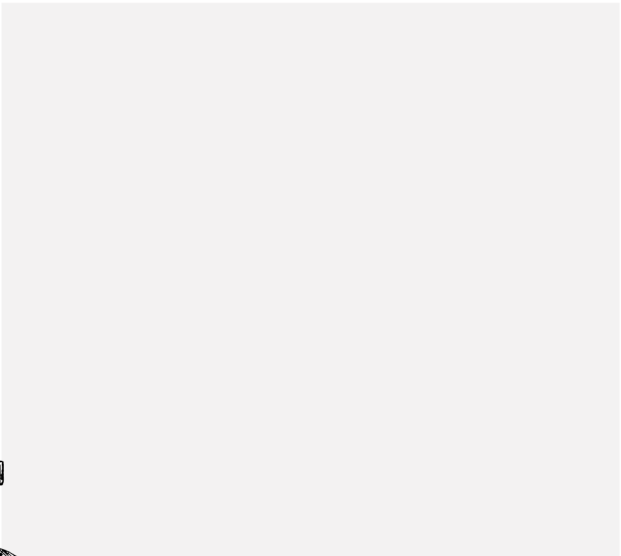
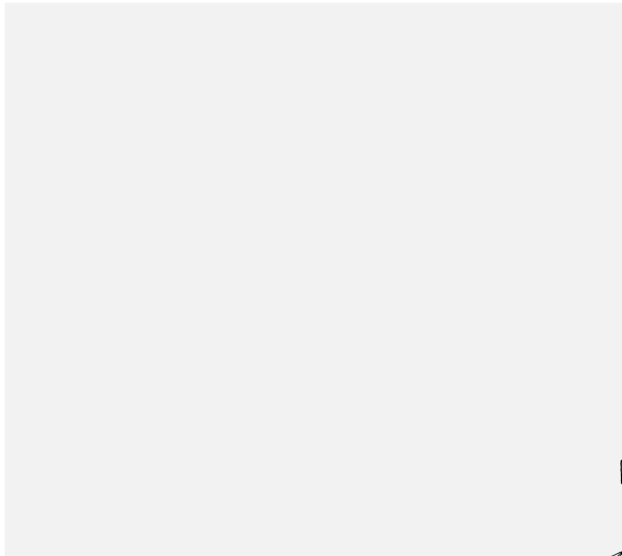
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2. After you complete your list, take a moment to soak in the gift of all this year has brought. Open your heart with a curious ear to what this next season might bring. Is there something you sense? Does a need, word, thought, or image come to mind? Notice, without judging your thoughts, what your intuition is gently nudging you towards. Be patient and compassionate with yourself if nothing emerges right away. Write, draw, scribble, and get messy in the space below. Before you can construct something concrete, you must release control, perfectionism, and any other tendencies that come to the surface. Welcome any restlessness or resistance that you feel in this stage.



3. Take a step back to see what has come out of the messy dreaming you've created. Trust that your Inner Guide knows the way through this labyrinth. Notice if any themes arise; or if something captures your focus. Start to distill the brainstorming down to the key parts. Choose a word, phrase, verse, quote, or image as an ANCHOR for this season.

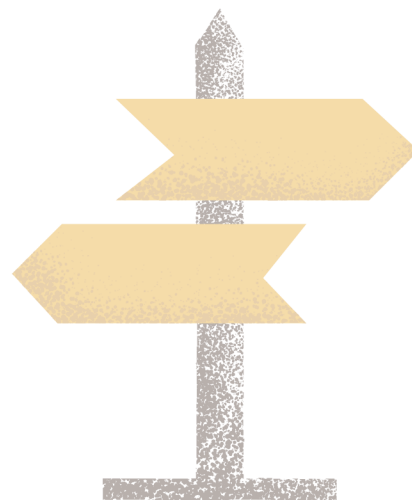
T H E M E S



M Y W O R D

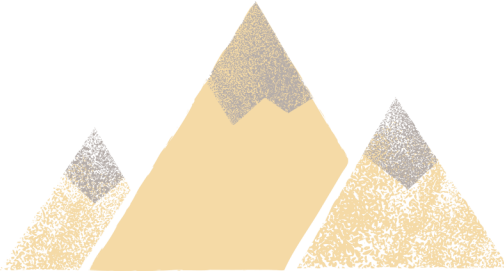
4. Now, take a look through the list of values and circle the ones you connect with. Keep cutting the list in half until you settle on your top 5. These will be your guiding principles for the upcoming season. They can always change, but this is a great starting point.

ACCEPTANCE	FORGIVENESS	SAFETY
ADVENTURE	FUN	SELF-AWARENESS
ASSERTIVENESS	GENEROSITY	SELF CARE
AUTHENTICITY	GRATITUDE	SELF-DEVELOPMENT
BEAUTY	HONESTY	SELF-ESTEEM
CARING	HUMOUR	SELF-CONTROL
CHALLENGE	HUMILITY	SEXUALITY
COMPASSION	INDEPENDENCE	SPIRITUALITY
CONNECTION	JOY	SURRENDER
CONTRIBUTION	JUSTICE	SUPPORTIVENESS
COOPERATION	KINDNESS	TENDERNESS
COURAGE	LOVE	TRUST
CREATIVITY	MINDFULNESS	
CURIOSITY	ORDER	
DELIGHT	OPEN-HEARTED	
DETERMINATION	PATIENCE	
ENCOURAGEMENT	PERSISTENCE	
EQUALITY	POWER	
FAIRNESS	RESILIENCE	
FITNESS	RESPECT	
FREEDOM	RESPONSIVENESS	
FRIENDSHIP	ROMANCE	



TOP 5 VALUES:

- 1.
- 2.
- 3.
- 4.
- 5.



5. With these values in hand, imagine your life one year from now. What are some dreams that you hope to realize? Where will you be? Who will you be with? What will you be doing? How will you feel? Try to be realistic and vulnerable.



6. BRAINSTORM some goals for how you will get yourself to that future version of yourself. In other words, in order to get from point A to point B on your journey, what will need to occur first and in what order? What are the in-between stages or milestones that will lead you closer to the future life you envision for yourself? Be imperfect. You'll have space to get these tidied up in the next step.

GOALS &  
INTENTIONS :



[Light pink brushstroke area for goal writing]

[Light orange brushstroke area for goal writing]

[Light grey brushstroke area for goal writing]

[Light teal brushstroke area for goal writing]

[Light blue brushstroke area for goal writing]

[Light green brushstroke area for goal writing]

M I L E S T O N E S :

[Lined area for writing milestones]

7. Look at your goals in the context of this coming season. Narrow things down into clear, simple, and specific words that are actionable and align with your values and purpose.

GOALS IN ORDER OF IMPORTANCE:

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8. What supports, systems, or resources will you need to reinforce in order to set yourself up for success? These might be one time to-dos or ongoing practices. You'll be thinking through self-care in a future section; these are just ideas or to-do's that come to mind so far:

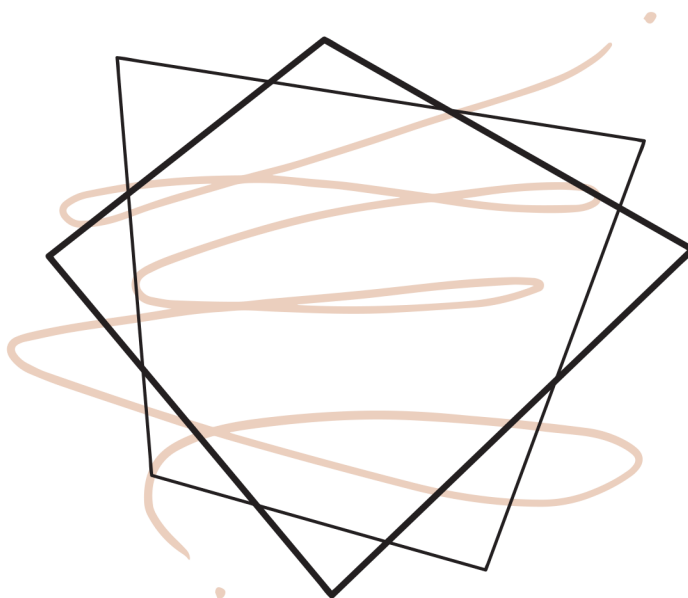
BUY A CALENDAR

ORGANIZE RECIPES

DECLUTTER CLOSET

TALK TO A FRIEND

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9. What am I looking forward to in this season? What am I anxious about? What do I most need out of this season? Take a look at your work so far, and honor the insight, goals, and vision you've created.

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## PART 2: RE-ESTABLISHING RESILIENT PRACTICES

10. Holistic Self-Care in the Fall can look very different than in the summer. The change in weather, schedules, and daylight can be difficult for many people. What comes up in your body as you anticipate these changes? How do you generally feel in the Fall and in the ensuing winter that follows it? Take a moment to notice feelings, thoughts, or sensations; write down what you observe:

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In order to welcome the gifts of Fall, we must first say thank you and goodbye to the gifts of Summer. Perhaps there's a ritual you could begin that marks this transition, such as attending one last sunset, enjoying one last ice cream cone, or swapping your clothes and house decor. It's up to you! Write out some ideas in the space below:



“Autumn can be seen as an invitation to let go and release that which no longer serves you, like the trees releasing the leaves from last season.”

- Arielle Schwartz



11. List out anything that you might need to release in the coming months in order to sink fully into the gifts this season has to offer you. Are there any limiting beliefs, thoughts, or behaviors that are keeping you from the values and goals you wrote out earlier?

12. List out some of your favorite traditions, memories, or upcoming people, places, & things that come with the Fall season:

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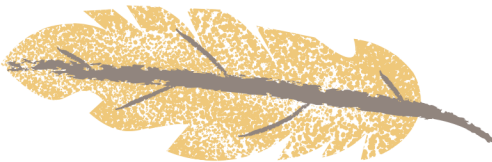
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13. Here are some different types of resiliency-building tools for you to draw from this fall. Some of these you might know, others might be new. Feel free to ask your therapist about any you'd like information about. Circle ones you want to maintain and highlight ones that peak your curiosity.

## P H Y S I C A L

- Movement - yoga, walks, YouTube fitness, community events
- Nourishment - water, vitamins and minerals from food or supplements, toxin intake (caffeine, alcohol, sugar)
- Sleep, rest, restorative yoga poses
- Sunlight boxes
- Massage, Chiropractic Care
- Regular check-ups, dental care, counseling
- Progressive Muscle Relaxation
- Essential oils - Lavender, etc.

## M E N T A L

- Mindfulness, breathe work, relaxing tense muscles when in stress
- Increase your Window of Tolerance
- Notice, name, & validate emotions
- Reframe unhelpful thought patterns
- Understand fight/flight responses
- Know your triggers
- Develop healthy coping skills
- Practice self-compassion
- Feed your mind with music, podcasts, and content that uplift
- Journal/gratitude practices

- Breathe prayer & contemplative prayer
- Read or listen to mentors that fill your soul and shape your mind
- Align your life with Truth & High Power
- Sabbath - deliberate non-work
- Engage practices that have meaning to your unique Faith tradition
- Observe important traditions or holidays
- Allow healthy doubt with supportive guidance
- Integrate your spirituality into all areas of your life

## R E L A T I O N A L

- Set healthy boundaries
- Voice your needs and wishes
- Be authentically you; find Belonging
- Be aware of the roles you play in friendships & your neighborhood
- Balance social time with solitude
- Ask for help or support
- Mend wounds, forgive, reconcile
- Understand relational dynamics
- Examine the cultures you come from, live in, and work in
- Seek healthy accountability
- Be an intentional ancestor

## S P I R I T U A L



14. Considering the goals and intentions you have set for the Fall, write out the resiliency-building tools that feel especially relevant. Add any of your own that you need to tend to.

P H Y S I C A L

M E N T A L

R E L A T I O N A L

S P I R I T U A L

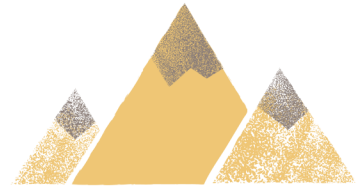
YOU'VE DONE A LOT OF REFLECTING, SELF-EXAMINATION, AND HARD WORK TO CREATE YOUR FALL RESILIENCY PLAN! THE LAST SECTION IS FOR BRINGING IT ALL TOGETHER AS A QUICK REFERENCE.

# FALL RESILIENCY PLAN

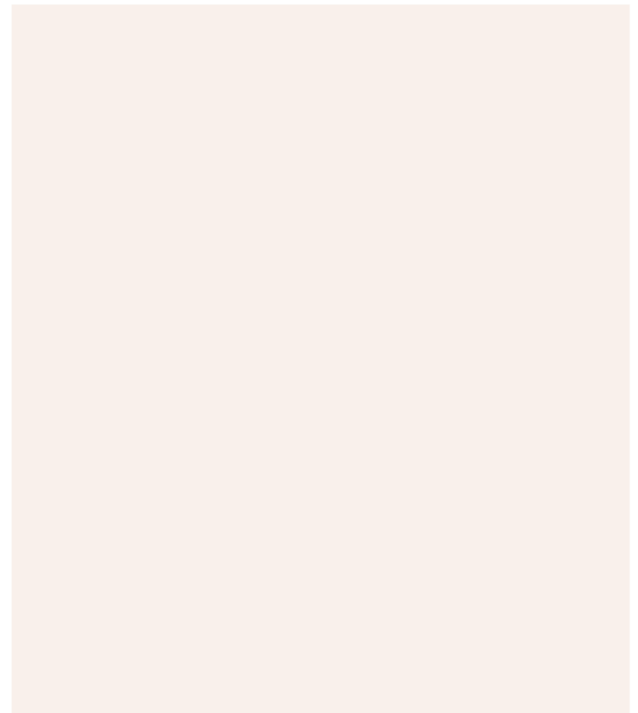


MY  
ANCHOR  
WORD

VISION &  
VALUES



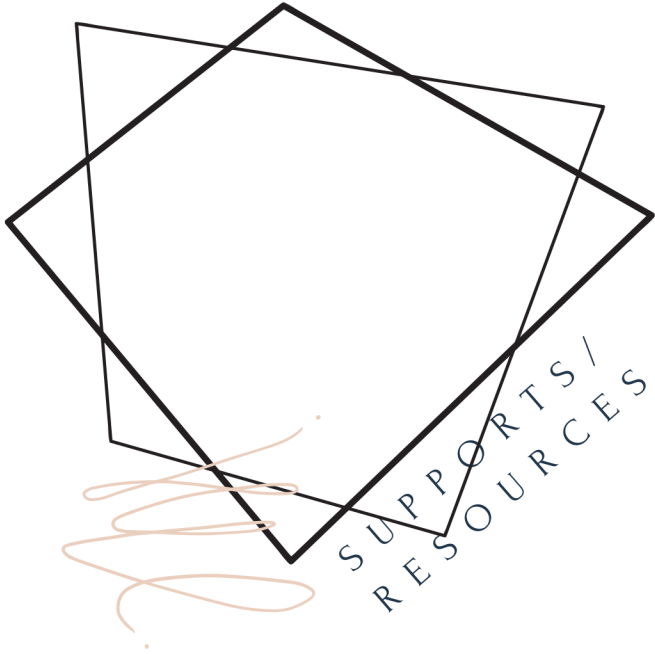
5 FALL GOALS



ACTION STEPS



# FALL RESILIENCY PLAN



ANXIETIES  
TO NAME

“Autumn can be seen as an invitation to let go and release that which no longer serves you, like the trees releasing the leaves from last season.”

- Arielle Schwartz

THINGS I RELEASE:



TRANSITION  
RITUALS



# FALL RESILIENCY PLAN

FAV FALL  
TRADITIONS



PHYSICAL - MENTAL



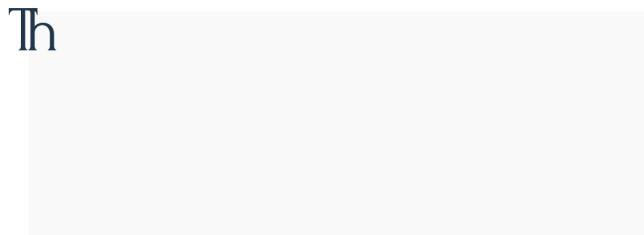
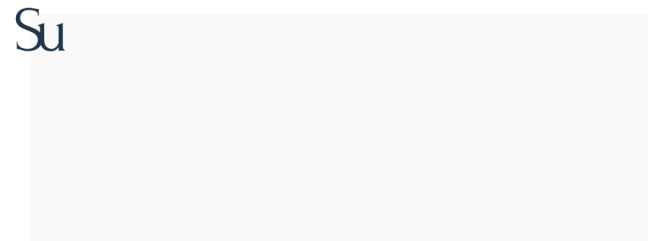
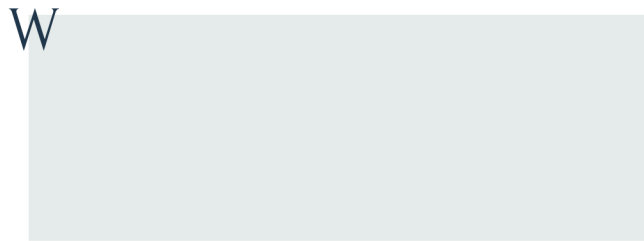
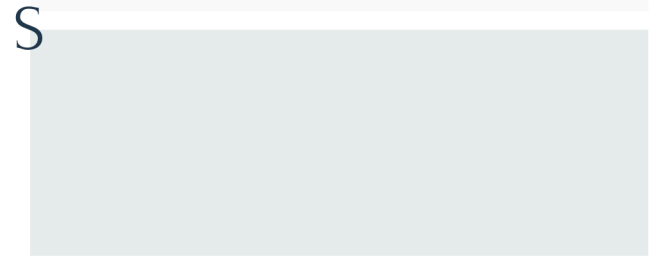
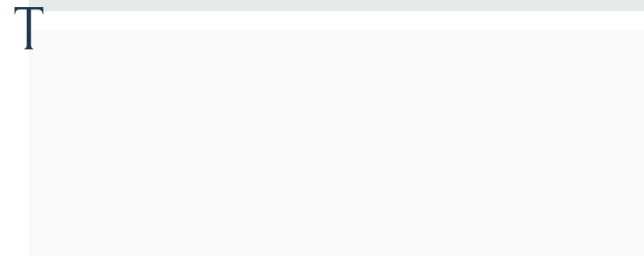
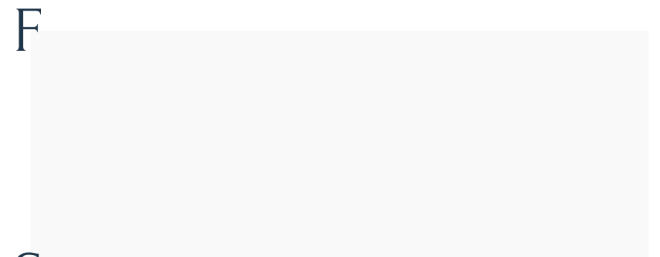
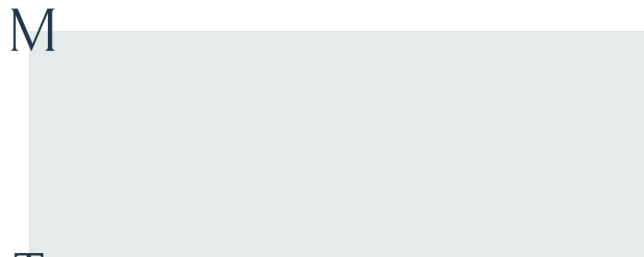
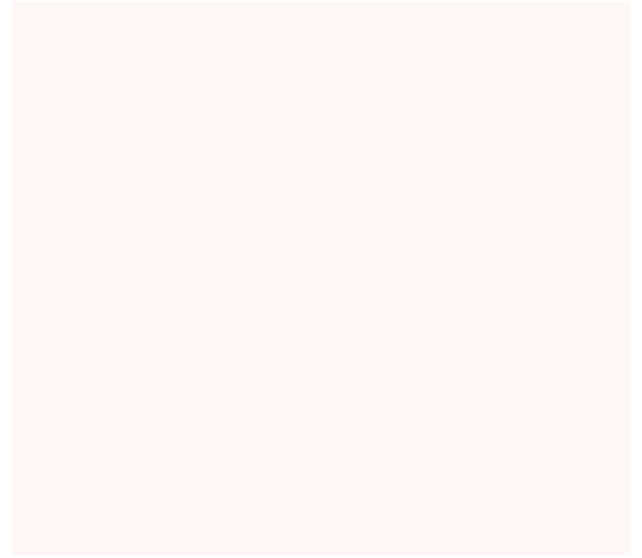
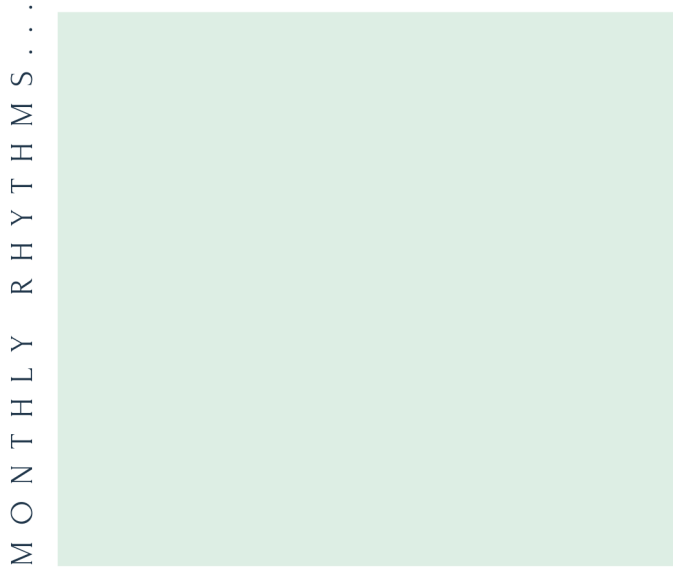
MY  
TOOL  
BOX



SPIRITUAL - RELATIONAL

# FALL RESILIENCY PLAN

DAILY INTENTIONS...



WEEKLY  
RHYTHMS...

Dear Reader,

I hope you have enjoyed and benefited from this process of seasonal reflection and resiliency planning. My desire is to support mama's and young adults around intentional, values-based choices and holistic self/soul care. If you know someone who might delight in this free resource, please share it with them!

Please consider if sharing your plan with a counselor or mentor could also be valuable to you. This type of work is best sustained with an attuned witness. If counseling is something you're curious about, I'd be happy to answer any questions you have or point you in the right direction. PsychologyToday.com and TherapyDen.com are two great directories to start your search.

May this Fall season be an opportunity to cultivate wellness in your life and provide nourishment for your soul.

Kind Regards,

*Jeanna Boase*

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