

GROUNDHER

September Journaling Prompts

A quiet page for cozy routines and slower pace.

WEEK ONE — NOTICING THE SEASON'S ARRIVAL

What signs of fall have I noticed this week, in the world around me and in myself?

How does September's particular energy feel, compared to August's more in-between stretch?

WEEK TWO — REFLECTING ON THE RESET

What from summer am I ready to leave behind as fall settles in?

What habits or routines feel like they need adjusting for this new season?

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WEEK THREE — GENTLE INTENTIONS

What would I like this fall to feel like, in a sentence or two?

What's one small habit I'd like to build or return to this season?

WEEK FOUR — COZY GRATITUDE

What's one small autumn pleasure I've genuinely enjoyed this month?

What am I looking forward to as the season deepens toward its cozier, quieter months?
