



Theme: Gratitude & the Autumn Moon

Three gentle reflections to explore:

1. Looking back with kindness

Close your eyes for a moment. Think about the past few months. What has grown inside of you? Write down three things you feel grateful or proud of.

→ *Example: I took more rest. I had a meaningful talk. I dared to let go.*

2. A gratitude walk

Take a short walk in nature. Look around you. What do you see, hear, or smell? Note down three small things you're thankful for during this walk.

→ *Example: sunlight in the trees, smell of the earth, a friendly smile.*

3. A little gratitude ritual

Find a jar or small box. Write short notes about what you are thankful for.

Put them in the jar. Add one each day.

Give your jar a name: *My Autumn Treasures*, *Moments of Light*, or something that fits you.

