

AUTUMN ACTIVITY

Go for a walk and gather some autumn leaves (or draw or paint them).

Let each leaf represent some part of your life's journey where you had to let go of someone or something in order to grow (a child leaving home, a change of attitude, loss of a job, an illness, a death ...).

Give a name to each of these leaves, one for each of your significant autumn experiences. Drop each leaf into a basket, calling out its name as you do so.

Keep the basket with you for the season of autumn. Look at it often, remembering how each of these autumns required you to lose something in order to gain something new for your growth.

