

Your Fall Reset

Free Mindfulness Workbook



LIFETICITY.COM

Begin Yours



Welcome

Here's your **Fall Reset**.

Four moves for the season.

Four moves for this part of your life.

Gather. What you've earned.

Release. What you're done carrying.

Tend. What still needs you.

Plant. What's calling you forward.

So happy you're here!

Before you dive in, take the **Microshift Finder Quiz** to discover your pattern this season. It's quick.

Take the Quiz



Susan at Lifeticity.com

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INTRODUCTION

Gather. Release. Tend. Plant.

That's the whole framework. Pour something warm. Find a window that gets the afternoon light. Let's begin.

05 - 06

GATHER

Gather. What you've earned.

07 - 08

RELEASE

What you're done carrying.

09 - 10

TEND

What still needs you.

11 - 12

PLANT

What's calling you forward.



HOW TO USE THIS WORKBOOK

There's a moment every fall, usually around the second week of September, when the light shifts.

The afternoons get that particular slant. The air does that thing where it smells like something is about to change. And somewhere in the back of your mind, even if you're long past the age of buying new notebooks, there's a sense you get of new beginnings.

This guide is for that pull. It's not a 30-day challenge, or promises that you can overhaul your life by Halloween if you just get started.

This is for doing the four things that actually matter. The four things are simple. They're what we humans have always done when the leaves start to turn.

What follows is a short walk through of each one. Why it matters, and what kind of attention it asks for. You don't have to answer them all. You don't have to write anything down if you don't want to. The actual doing of the four things, the practices that anchor them, the rituals that make them stick . . . that's something else. And we'll come back to that at the end.

CHAPTER ONE

What you're earned.



MOST FALL RESETS SKIP THIS

We're always told to dive into the next thing. The new routine, the next goal, the better version of ourselves. And so most of us arrive at fall already exhausted, already behind, already looking for what's wrong before we've named what's right.

This matters more now than it did at twenty. At twenty, you can afford to undercut your progress; you have decades to figure it out. At 40, 50, 60, not as much.



So before we go anywhere near “what’s next,” we start here. We gather.

The harvest is usually not what you think it is. It’s rarely the trophies. It’s the things you became while you were busy doing the things, the new ease in a relationship that used to feel hard, the boundary you held without rehearsing it for three days first.

The harvest is the capacity you grew, often without realizing it was growing. And most of us miss it, because we were trained to scan for what’s missing.

What did you survive this year, that you haven’t fully acknowledged?

BEFORE YOU MOVE ON

You don’t have to capture your harvest right now. Just notice that it’s there. Most women, when they slow down enough to look, find more than they expected. Looking is the first move of this work. The fuller practice of actually naming the harvest, in your own voice, that comes later. For now, just see it.

CHAPTER TWO

What you're done carrying.



WHAT NO ONE TELLS YOU

The most exhausting things in your life are often not the big, visible ones. They're the small, invisible ones you've been hauling around so long you've stopped noticing their weight.

The friendship that takes more than it gives. The opinion you stopped agreeing with years ago but still hold up out of habit. The version of yourself you keep performing because everyone you know expects it. The mental list of "shoulds" you inherited from someone who isn't even in your life anymore.



Release isn't about dramatic gestures. It's not about cutting anyone off or burning anything down. It's about putting things down so your hands are free for what comes next. Fall does this for us literally; the trees don't agonize over which leaves to drop. They just drop them.

The hardest weights to release are usually not the obvious ones. The harder weight is the kind we've been carrying so long it feels like part of us. The assumption we need to be the ones to remember and host everyone's birthday, plan every holiday. These weights are invisible because they're constant. You don't feel a backpack that's been on your shoulders for years; you feel naked when you finally take it off.

What are you tired of carrying that no one is actually asking you to carry?

BEFORE YOU MOVE ON

The question alone tends to surface things. You don't have to do anything with what comes up yet. The full work of release, the actual practice of naming what you're done with, deciding what to compost, takes more than a single page. For now, just notice what's surfacing.

CHAPTER THREE

What still needs you.



THIS IS THE PART THAT'S EASY TO SKIP

Once we've gathered what's ours and released what's not, there's a strong pulling toward the new. The next chapter, the next project, the next version of ourselves. But the things that have sustained you over the year don't take care of themselves while we're occupied with the new. The marriage. The garden. The dog.

Here's the thing nobody warns you about: the things that erode the fastest are not the things that are obviously broken. They're the things that are simply quietly good. The friend who's reliably there. Your morning walk you used to do and somehow stopped doing in April.



The good things rarely send a flare. They just slowly stop being what they were.

Tending is the work of not losing the good things by inattention. In a world that confuses newness with growth, tending is almost radical. It says: this already matters. This is already mine. I'm going to keep showing up for it.

What in my life right now would I be heartbroken to lose, that I'm currently taking for granted?

BEFORE YOU MOVE ON

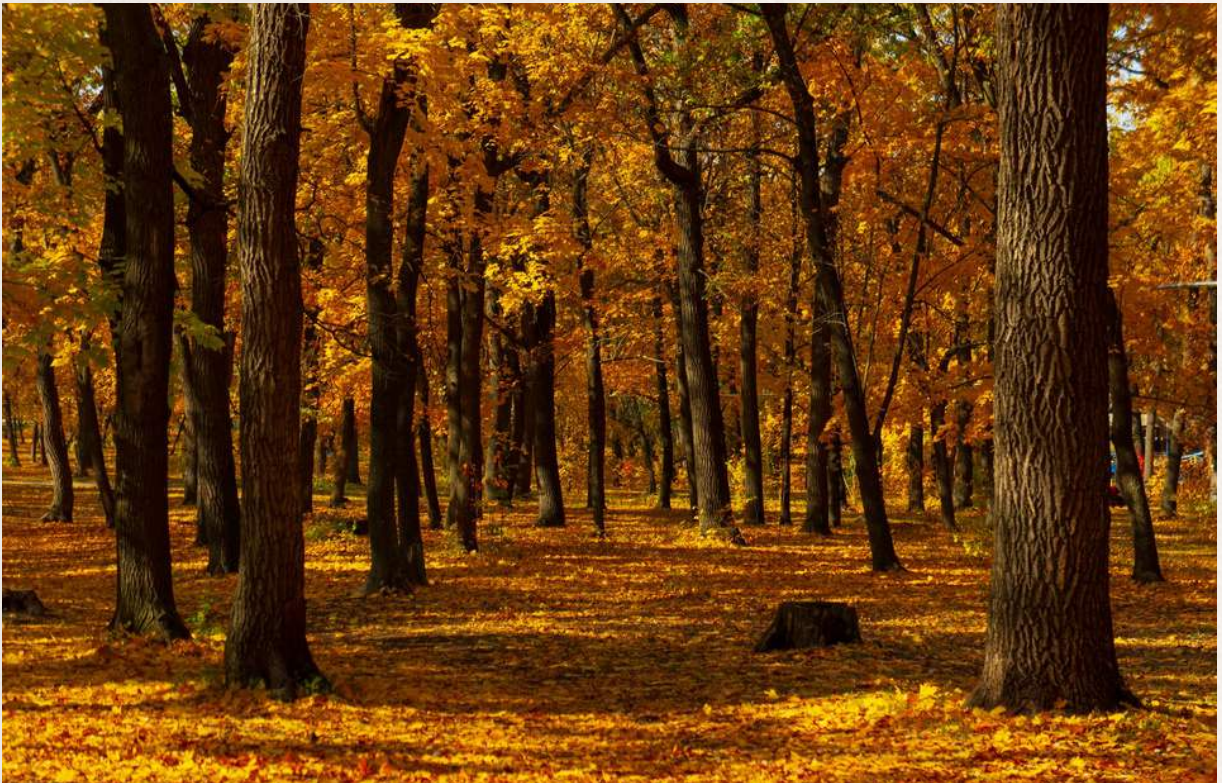
If something specific came to mind, that's information.

Hold it for now. The full practice of tending, the inventory across people, practices, and inner conditions; the specific small acts of tending you commit to; the weekly checkpoint that keeps it alive . . . this is the work that comes after the noticing.

The noticing is what you can do right now. The doing is what we walk through later.

CHAPTER FOUR

What's calling you forward.



NOW WE TALK ABOUT WHAT'S NEXT

In the garden version of fall, planting looks like bulbs. You dig them into cold ground in October, and forget about them until April, when something you barely remember planting pushes up through the dirt and changes the whole yard.

This is the right model for what's next in your life. Not a five-year plan. Not a vision board. Not a New Year's resolution dressed up in October clothes.



A bulb. A small, specific thing you put into the soil now, knowing you won't see what it becomes for a while, and trusting that's how this works.

The mistake most of us make is thinking we have to know something will look like before we plant it. Not knowing this is harder than it sounds. The pressure we feel to have clear goals is enormous. Planting a bulb requires you to tolerate the discomfort of not having a clean answer. For those of us who have spent decades being praised for clarity, capability, follow-through, this is a tough one.

What's been pulling at you lately? A longing or a half-formed idea that you've been too busy or too uncertain to look at directly?

BEFORE YOU MOVE ON

If something surfaced, don't grab at it yet. The pull is doing its work just by being noticed. The actual practice of planting, the full bulb list, the one you pick, the first specific act, the date you'll have planted it by, the ritual of putting it somewhere you'll find again in spring is the work that turns a pull into a planted thing.

Closing

You've just met the four moves.

Most people never do even this much. They don't pause to consider what they've gathered, what they're done carrying, what still needs them, or what's quietly asking to begin. They mean to, they intend to. They just keep moving, because the next thing always arrives before the looking can happen.

But I want to be honest about something. You have acknowledged the four moves. You haven't yet *made* them. And these are two very different things. Making a move is something completely different.

When you actually set out to **Gather**, it means sitting down and writing yourself the letter. The one that names what you've uilt this year, in sentences, in your own words, in a form you can pull out again next October.

Release means writing the actual list of what you're composting and the specific sentence about what releasing each one looks like in real life.

Tending means the three-column inventory and the small acts you'll commit to and the weekly checkpoint that keeps you honest.

Planting means the bulb list, the one you choose, the date by which you'll have planted it, and the ritual of putting it something you'll find it again in spring.



*The making is
where the season
actually changes
you. The meeting
is where you
find out it's
possible.*



WHAT'S NEXT

Fall Reset Experience

If you're ready to actually make the moves you've just identified, the **Fall Reset Experience** is the full version of this work. A guided, paced walk through of each of the four moves with the deeper teaching, the practices that turn each move into something real and repeatable. The anchor rituals that move the work out of your head and into your body, your practice. And the guidance for when you need it.

Complete audio accompanies the 55-page **Experience** download so you can listen and plan while you're on a walk, if that's how it works for you.

You can do it across a full season, one move per week. The structure is there when you want it. The pacing is yours.

If you're ready, you can click below to learn more. No pressure.

You'll hear more about it in the weeks to come.

You've already created a life worth gathering, releasing, tending, and planting in. That's already the harvest.

I'M READY

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