



🍂 Fall / Q4 Reflection & Intention Worksheet 🍂

The last quarter of 2025 starts now. (If you're freaking out, you're not alone!) Use this worksheet to pause, reflect, and re-center your energy for the season ahead.

1. Grounding / Check-in

- What's your current emotional state? (One or two words)

- What are three things you notice around you right now? (sights, sounds, smells, textures)

- What is one thing you need (rest, clarity, connection, etc.)?

2. Where You've Been

- What abundance or blessings have you “harvested” this year?

- What have you been tending (projects, relationships, habits)? What fruits are visible now?

- In what ways have you grown (internally or externally) since January?

- What are you celebrating?

- What are the patterns, thoughts, or beliefs you're ready to release as you enter Q4?

3. Watch Outs & Course Corrections

- Catch yourself ruminating. Overthinking looks like reflection but isn't. When you notice the loop, reframe and move forward.

- Rest without guilt. Recovery isn't wasted time. It's fuel for your next breakthrough.

- Silence more notifications. Distraction steals your attention span. Protect it.
- Timebox what matters most. If it's not on the calendar, it's not real. Block time for your values.
- Replace "I can't" with "I can't yet." Growth comes from breaking limiting beliefs.

- Be fully present. With friends, family, colleagues — attention is the most generous gift you can give.

- Protect deep work like an appointment. Treat it as sacred, because it is.

- For each: a) How is this showing up (or failing) in your life now? b) What's one small shift you can make?

4. Clarify Your Q4 Focus

- Choose 2–3 priority themes or values you want to lead with for Oct–Dec (e.g. connection, creativity, courage).

- For each theme, define one “anchor action” you’ll commit to.

- Map them on your calendar: when, how long, and how often.

5. Intentions & Affirmation

- What do you intend to let in during this quarter (mindsets, habits, practices)?

- What do you intend to let go of (fears, obligations, internal criticisms)?

- Write an affirmation or mantra for Q4 (e.g. “I can’t yet — but I will,” (“My rest is sacred, I show up, fully present”).

6. Closing Ritual / Reflection

- Pick an item (a leaf, candle, stone, photo) as a touchstone for this season.

- Write a short letter (1–3 sentences) to your future self (on December 31, 2025).

- Optional: Revisit this worksheet monthly or mid quarter to see how your themes are showing up.

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