

SEASONAL PROMPTS FOR SOLITUDE

- // sit still and observe; what do you see, feel, hear?
- // meditate on a verse or quote; repeat it inwardly as you sit
- // walk through your day in your mind
- // write about the small, beautiful things you notice
- // become aware of the awe in something simple like the falling leaf – take time to watch it as it moves
- // lift your eyes to the horizon and breathe deeply – write how you feel
- // be aware of the wrestling in your mind – write any worries
- // observe the dance of nature in the breeze
- // sit outside and close your eyes – notice what you hear and feel?
- // reflect on your day and be thankful for something small
- // let your mind wander – write what feels right
- // let thoughts come and go – write those that feel ‘stuck’
- // be generous and kind with your thoughts about someone you know
- // write an encouragement to yourself that you might need later
- // look for the abundance of nature in autumn – how can you be an abundant in your thinking or outlook?
- // dwell upon a small, ordinary detail of your day and later, when you are ‘there’ let your mind connect back to your solitude and how you felt
- // choose something seasonal to use as a visual prompt – leave it somewhere visible to draw your mind back to your moment of calm

