



AUTUMN

FIELD GUIDE



CONTENTS

Intro →

Modules →

1. *Energies*
 2. *Movement*
 3. *Self-Care*
 4. *Environment*
-

Check-in →

A vertical photograph of autumn leaves, primarily yellow and orange, with some green leaves visible in the background. The leaves are on thin branches and are slightly out of focus, creating a soft, naturalistic feel.

WELCOME

Hi, and thanks for being here. I'm an architect by training, but I found myself wanting to design more than just buildings - I wanted to design a way of living that actually felt connected to natural rhythms instead of constantly fighting against them.

So I 'architected' the year - month by month - exploring where to focus energy, when to rest, and how to tune into what the seasons were actually asking for. This field guide is part of what I discovered. It's definitely not a checklist or a program to follow perfectly. Think of it more like a conversation starter with yourself - gentle prompts to spark curiosity about what works for you right now. Take what resonates, ignore what doesn't, and feel free to come back whenever you need a seasonal reset.

There's no right way to use this. Just your way.

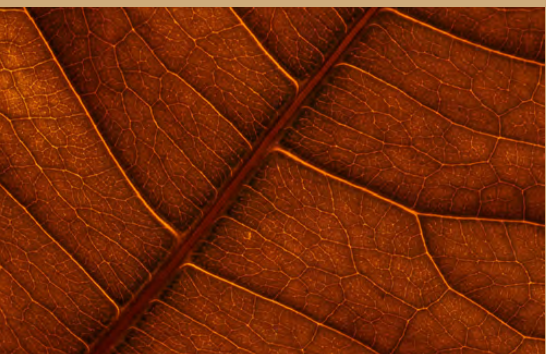
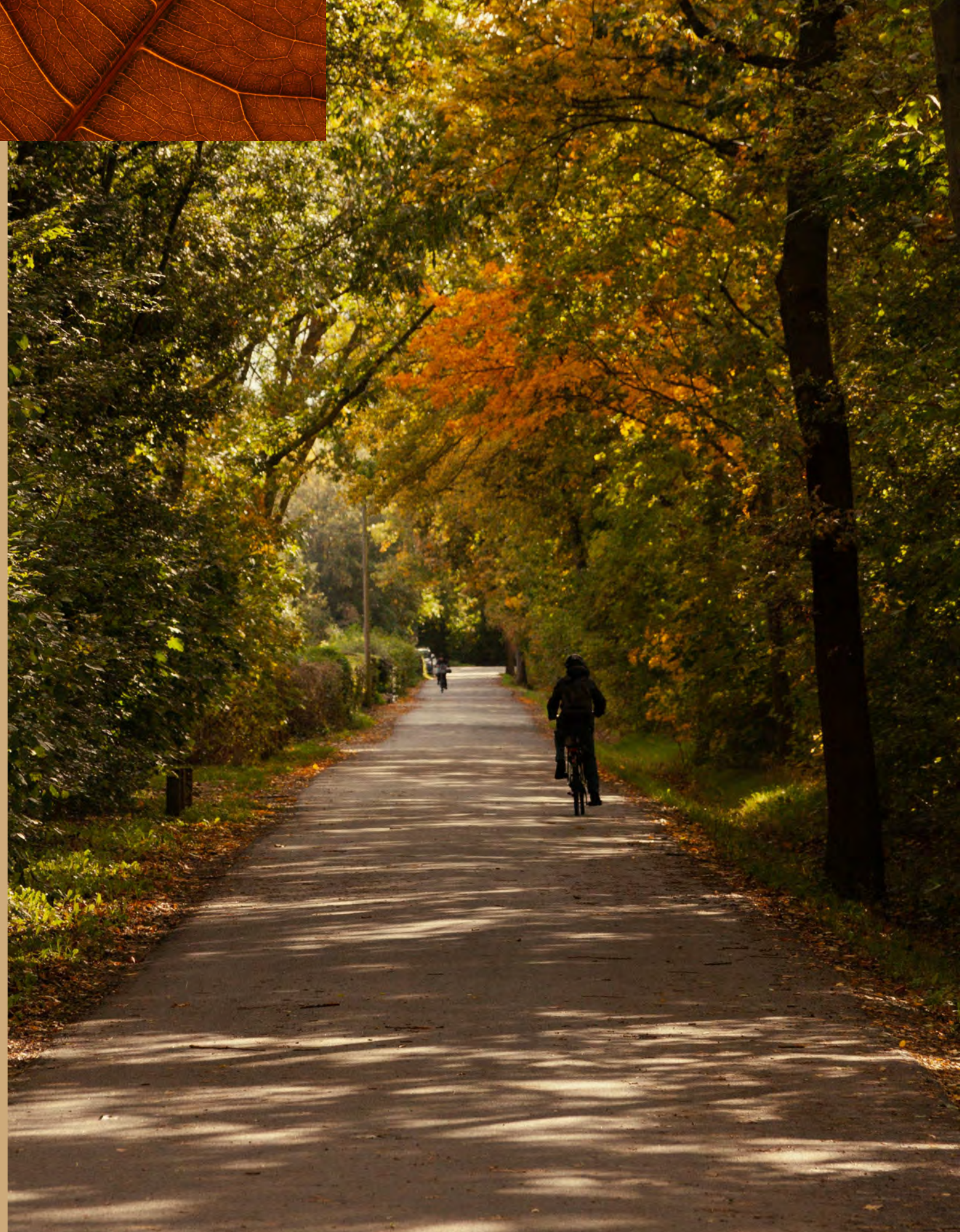
framework-wellness.com

info@frameworkwellness.com

HOW TO USE THIS GUIDE

Integration

These pages are not a to-do list. They are meant to be a reflective tool. You're not here to cram more into an already full life. This guide is here to help you pause, observe, and - if needed - shift your energies and maybe even your schedule. If something sparks curiosity, great. Try it. If nothing resonates, that's perfect too.





NATURAL PATTERNS

Seasonal Alignment

Each season has its own rhythm - just look at the natural world around you. Trees don't try to bloom in winter or hold onto leaves in fall. They work with what's happening naturally.

Seasonal living is simply tuning back into those cycles that are already there. When we align with what's happening around us - physically, emotionally, energetically - we stop fighting the current and start flowing with it. It's not about perfection, just awareness.

Moon Rhythms

Most of us live in constant output mode - always more, always on. But the moon offers something different: a universal reminder that energy naturally rises and falls.

It builds, peaks, fades, and rests. Just by looking up, we remember that our energy isn't meant to stay high all the time either.

Whether or not you believe the moon affects your energy, it's a reliable guide in the sky that invites us to move in rhythm rather than overdrive. Over the month, be curious. Explore. Adjust. Reflect. Then start fresh - just like the moon does.



AUTUMN

Autumn is discerning, grounding, and wise.

Autumn is discerning, grounding, and wise. It asks us to pause, choose consciously, and find our center while everything around us shifts. This is the season of conscious curation - not harsh judgment, but gentle wisdom about what deserves our energy and what's ready to be released.

Balance isn't about perfection. It's about finding your footing when the world feels wobbly. This guide is a seasonal companion - not meant to add pressure or create more to-dos, but to offer gentle invitations for tuning into autumn's natural rhythms.

Pick what speaks to you. Ignore what doesn't. Let this be your field guide to feeling grounded - in your choices, your space, and your own skin.

Autumn

MODULE 1





MODULE 1

What's Happening

Autumn is your body's natural invitation to slow down and choose consciously. This season connects to the stomach meridian - not just about digestion, but how you process everything you take in: food, information, emotions, experiences.

The Invitation

Instead of fighting your urge to organize, edit, and refine everything, work with it. This is the season for conscious curation - gentle wisdom about what deserves your energy and what's ready to be released.

Simple Practice

Before any decision today - what to eat, whether to scroll, how to respond - take three breaths. This gives your nervous system time to actually process instead of just react.

MODULE 1

PROMPTS

Prompts

What am I ready to consciously release this autumn?

Where can I choose wisdom over force in my decisions?

What deserves my energy right now, and what doesn't?

Autumn

MODULE 2





MODULE 2

What's Happening

Your body craves integration right now - combining opposing qualities like strength with flexibility, challenge with ease. This isn't about intense workouts; it's about finding your center while everything shifts around you.

The Invitation

Try balance challenges that train both your physical stability and your brain's ability to handle multiple inputs. When you stand on one foot, you're making hundreds of micro-adjustments that improve both coordination and decision-making.

Simple Practice

Stand on one foot while brushing teeth, waiting for coffee, or during phone calls. Start with 30 seconds per foot. Notice how this affects your confidence throughout the day.

MODULE 2

PROMPTS

Prompts

What helps me feel centered in my body?

How can I bring more balance to my daily movement?

Where do I need more stability - physically or mentally?

Autumn

MODULE 3





MODULE 3

What's Happening

Autumn supports getting curious about your daily routines without judgment. Your skin absorbs what you put on it, and simple changes can make a big difference in how you feel.

The Invitation

Investigate what's actually in your everyday products using the EWG database (ewg.org). Check your shampoo, body wash, deodorant. Look for ratings 1-3 rather than 7-10. Also consider whether your hair routine is helping or just habitual - sometimes simpler works better.

Simple Practice

Daily scalp massage while washing your hair. Your scalp has tons of nerve endings, and massage improves circulation while feeling amazing. Also try sleeping on a smoother pillowcase to reduce friction.

MODULE 3

PROMPTS

Prompts

What does healthy skin and hair actually feel like to me?

Where can I simplify my routines?

What products am I ready to investigate or replace?

Autumn

MODULE 4





MODULE 4

What's Happening

Your living space affects your nervous system more than you realize. Autumn energy supports creating spaces that feel both beautiful and functional, welcoming both solitude and gathering.

The Invitation

Focus on your living room - where you transition from the outside world to your inner world. Small changes like adding one natural element or improving lighting can shift how the entire space feels.

Simple Practice

Create one beautiful focal point that brings you joy - maybe art, a plant, or objects that reflect your values. Also consider your lighting: adding one table lamp can make harsh overhead lighting feel instantly cozier.

MODULE 4

PROMPTS

Prompts

How do I want to feel in my living space?

What would make my living room more welcoming and balanced?

What's one small change that would improve how I feel here?

Autumn

CHECK IN



WEEK 2

CHECK IN



Waxing Moon

Theme: Building Momentum

Your energy is naturally building now, just like the moon's light. This is the time to lean into whatever you started in Week 1 and notice what's gaining traction.

Prompts

What's working well for me so far this month?

Where do I feel momentum building in positive ways?

What might need a gentle course correction?

WEEK 3

CHECK IN



Full Moon

Theme: Peak Expression

Everything feels heightened during the full moon - emotions, energy, clarity. This peak moment can illuminate both what you want to celebrate and what you're ready to release.

Prompts

What feels complete or ready to be celebrated?

What's been illuminated that I hadn't noticed before?

What am I ready to release with gratitude rather than judgment?

WEEK 4

CHECK IN



Waning Moon

Theme: Gentle Release

As the moon's light fades, your energy naturally turns inward. This is autumn's most powerful time for releasing what served its purpose and making space for what's next.

Prompts

What am I ready to consciously release from this cycle?

How has this month's exploration changed how I see myself?

What do I want to carry forward into the next lunar cycle?



UNTIL NEXT SEASON

Find more at framework-wellness.com

In This Moment

You showed up for autumn in whatever way worked for you. Maybe you tried the balance challenges, investigated some products, or just became more aware of seasonal rhythms. Maybe you just read through this once. All of it counts.

Seasonal living isn't about perfect practices - it's about tuning into natural rhythms when you remember to. Autumn's invitation to choose consciously doesn't end when this cycle does.

Come back to any of this whenever you need a seasonal reset. The framework is always here, ready to meet you wherever you are.

Firearm Network

