

THE STORIES WE TELL

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The Freedom of Letting Go

A little space to pause, reflect, and begin again



Hello, friends!

October has a way of inviting us to slow down. We watch the trees release their leaves, one by one, without apology or explanation. Nature reminds us that letting go is not always a loss. Sometimes it is simply part of making room for what comes next.

For us, letting go can be harder. We hold on to routines, expectations, responsibilities, and old stories about who we should be. Often, the first step isn't making a big change. It's pausing long enough to notice what we're carrying.

A PERSONAL REFLECTION

My Summer of Healing

I thought I was taking the summer off. What began as a summer break turned into eight months of learning how to slow down—and why I needed to.

My health had to take center stage. That was uncomfortable for someone who has always worked, traveled, taken vacations, and then returned ready to work some more. I worried that if I wasn't working, people might think I was lazy. I thought I could manage everything through my own strength. Eventually, fear started to creep in.

Fear isn't always a bad thing. Sometimes it gets our attention and helps us see what matters most. My health forced me to slow down, and—surprisingly—I adjusted more easily than I expected. I began to realize just how exhausted I was, physically and mentally. I started calling it my *summer of healing*, and I reminded myself of that every day.

I'm still in the thick of medical issues, but I'm finding more room to manage the appointments, specialists, tests, medications, physical therapy, and the ongoing search for answers. Changes in my business also gave me reason to step back and reconsider what I wanted and what was working.

And once I had space to look, other things came into view: relationships, finances, choices, habits. I made some significant decisions. I also hired a therapist. Insurance covered it, and I thought, “Why not?” It felt good to have someone to talk to, sort through my thoughts with, and bounce decisions off of.

I'm still figuring things out. I don't have all the answers. But stopping showed me how badly I needed rest—and that there can be strength in pausing, getting curious, and asking what I want the next chapter to look like.

Sometimes that's where change begins.

A QUESTION TO CARRY

What Might Be Ready to Be Released?

In October, nature lets go. It doesn't treat the changing season as a failure; it simply responds to what the moment asks of it.

What if we gave ourselves that same permission? Maybe there's a commitment that no longer fits, a habit that leaves us depleted, an expectation we never chose, a boundary that needs attention, or an old story about ourselves that we're ready to question.

Not everything needs to change. We don't have to turn reflection into another project or make a decision today. We can simply get curious and ask: *What might I be ready to put down?*

YOUR OCTOBER PRACTICE

Your October Intuitive Pause

Find a quiet moment. Make a cup of tea, sit with your journal, or take a slow walk. You don't need to solve everything. Just give yourself a little room to listen.

1. What am I holding on to?

Think about routines, responsibilities, expectations, relationships, or beliefs you've carried simply because you've always carried them.

2. What is it costing me?

Consider your time, energy, peace of mind, relationships, or sense of self. Notice without judging yourself.

3. What am I afraid might happen if I let go?

Maybe you'll disappoint someone, be judged, lose control, or have to face uncertainty. Fear can be uncomfortable—and it can also point toward something worth understanding.

4. What might become possible if I made a little room?

Perhaps rest, renewed energy, new ideas, permission to change your mind, or a little more peace.

A quiet question to sit with: What do I need more of right now, and what might I need less of?

There's no need to rush toward an answer. Notice what comes up. You don't have to act on it right away.

A GENTLE YEAR-END CHECK-IN

A Look Back Before Moving Forward

As the year begins to turn toward its final months, take a moment to check in—not to judge what you've achieved, but to notice what you've learned.

• What have I learned about myself this year?

• Where have I been pushing myself when I really needed to pause?

• What am I continuing to do out of habit rather than intention?

• What deserves more of my time, attention, or energy?

• What am I ready to approach differently?

The goal isn't to change everything. It's to be more intentional about what you choose to carry forward.

TAKE THESE WITH YOU

Your October Takeaways

Three gentle reminders to carry with you this month.

01 · YOUR OCTOBER INTENTION

What can I put down to make room for what matters?

Choose one small thing to release this month. Maybe it's allowing yourself to rest without guilt, saying no to a request, letting go of doing everything yourself, questioning a belief, or making space for an important conversation or decision.

Pick one small step. You don't need to clear the whole path—creating a little space is enough for now.

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02 · A FINAL THOUGHT

We don't always get to choose when life asks us to slow down. But we can choose how we respond once we find ourselves there.

I'm still learning, adjusting, and considering what I want my next chapter to look like. I'm reminding myself that I'm allowed to change my mind, outgrow habits, and stop proving how strong I can be. I'm allowed to write a new chapter.

What if letting go isn't about losing a part of yourself, but making room for a part of yourself you've been too busy to discover?

If this question speaks to you, I'd love to hear what it brings up. Feel free to reply and share your thoughts.

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03 · HERE TO SUPPORT YOU

You don't have to figure it all out alone.

Sometimes we know something needs to change, but we're not sure what that change looks like—or what the next step should be. Coaching can offer space to explore what's next, reconnect with your intuition, and make room for a new chapter.

You don't need to have all the answers before you begin.

If you're ready to explore what might be next for you, I'd be glad to connect.

Add your email address or booking link here before publishing.

Until next time

Give yourself a little grace, a little breathing room, and permission for your story to continue to unfold.

With warmth,

