

## Take Stock and Move Mountains



The cooler, cleansing breezes of autumn are stirring, whispering the reminder to prepare for the colder season and all it brings. It is time for us to take stock of what we have and lay in supplies of what we need. Fall is a good time (is there really a bad time?) to take stock of our goals that we have been setting for ourselves this past year.

Draw up a goal meter and place each one of your intended goals along a numbered line. Make it simple with a

line numbered one through ten. Place all your goal ideas and things you have been working on in relation to each other along this line, using the number one as the start of an idea and a goal almost completed as the number nine. This gives you a visual where each resides in its progress in comparison to the others. Is something that you really wanted to see accomplished finding a place in the lower number positions on your goal meter? Maybe the priority order of your goals has changed? Maybe not. Reassess and redistribute your time accordingly.

Summer gave you the gift of being able to drink in the sun's energy. Autumn enables you to move mountains. With all that stored up energy there will be plenty of time to tie up loose ends, rest and contemplate the New Year when winter comes.

Working on personal projects has a different timetable than the cycles of seasons. As the earth is starting to prepare for winters "sleep" we can take advantage of autumn's preparation time to finishing up the small projects on our list. If you have been keeping abreast of the small things throughout the year you may even be able to make a dent in the progress of a bigger project.

Where Earth's cycle of work rotates through the seasons our timetables proceed at different rates. Some ideas percolate for years, wanting to be started but waiting for the timing to be just right. Other ideas are created and have almost reached completion

only to be placed on the shelf, waiting for that special timing to be set free. At times you just have to step away from the project to gain a different perspective or find that missing puzzle piece to complete it, only releasing it after a bit of tweaking.

Then there are the projects that you assigned a time frame to that took longer than expected. No harm no foul. If you haven't fallen into procrastination, your self-imposed deadline can easily be readjusted. If you did procrastinate do some excavation work, find the true reason for delaying the work and start repairs.

Any endeavor cannot be completed through hopes or wishes. Completion is accomplished through the work that we do and the energy we create around it by doing that work. There may be roadblocks; problems to be solved; pieces to be found; and ideas to be adjusted, but keep the energy of movement moving forward. DO. Your thoughts combined with action will attract the momentum you need for accomplishment.

Come December as you snuggle up in that comfy chair for your December Reverie, you can celebrate all the work you have done and look forward to the New Year.

*With Gratitude,*

*Kai*