

CHOICES

Vancouver Island Counselling
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Letting Go and Harvesting New Beginnings

As summer begins to give way to autumn, the Cowichan Valley starts to change in subtle but meaningful ways. Gardens become heavy with late-season vegetables, orchards prepare for harvest, and the leaves begin their slow transformation from green to gold. The pace of life often feels different in the fall, less focused on long sunny days and more focused on settling in, reflecting, and preparing for what comes next.



Nature has a way of reminding us that change is both inevitable and necessary. The harvest season is a time of gathering. Farmers collect the fruits of months of care and effort, taking stock of what has grown and what has flourished. In our own lives, autumn offers a similar opportunity. It invites us to pause and reflect on what we have been cultivating within ourselves over the past several months.

September 2026 Edition



Perhaps this summer brought moments of joy, connection, adventure, or rest. Maybe it offered challenges that pushed you outside your comfort zone or lessons you weren't expecting to learn. Whether the season unfolded exactly as planned or not, there is often something valuable to gather from our experiences.



305 - 394 Duncan St
Duncan, BC V9L 3W4

Vancouver Island Counselling

Duncan: 250 746 6900

Nanaimo: 250 754 8222

Port Alberni: 250 723 7001

Victoria / Gulf Islands / Lower Mainland

1 877 746 6911

Before rushing into a busy fall, consider taking a moment to ask yourself:

What Am I Harvesting?

Not all harvests are visible. Sometimes the most meaningful growth happens beneath the surface.

You may be harvesting:

- A stronger sense of confidence
- New skills or knowledge
- Greater self-awareness
- Meaningful relationships
- Memories with family and friends
- Increased resilience after navigating a difficult season
- A deeper understanding of what truly matters to you

Even if the summer felt challenging, there are often insights, strengths, or moments of growth that deserve recognition. Taking time to acknowledge them can help us move forward with greater clarity and gratitude.

Reflection Prompts for the Season

As you welcome autumn, you might spend some time journaling, reflecting during a walk, or discussing these questions with someone you trust:

- What did I get out of this summer?
- What experiences brought me energy or fulfillment?
- What am I most grateful for from the past few months?
- What challenges taught me something important about myself?
- What strengths did I discover or strengthen?
- What am I harvesting from this season of my life?

Letting Go as the Leaves Fall

While autumn is a season of gathering, it is also a season of release.

Trees do not hold tightly to every leaf. They let go when the time is right, trusting that new growth will come again. As humans, we often find this part much harder.



We can become attached to old expectations, lingering disappointments, self-criticism, habits that no longer serve us, or stories we tell ourselves about who we should be. Holding onto these things can take energy that might otherwise be used for growth and healing.

Letting go doesn't mean pretending something never mattered. It doesn't mean forgetting difficult experiences or dismissing emotions. Instead, it means acknowledging what has been, accepting what cannot be changed, and choosing where to direct your energy moving forward.

As the leaves begin to fall, you might ask yourself:

- What am I ready to release?
- What worries am I carrying that no longer need so much of my attention?
- Are there expectations I can loosen my grip on?
- What habits, beliefs, or patterns are no longer helping me grow?
- What would feel lighter if I allowed myself to let it go?



Making Space for New Beginnings

One of the gifts of letting go is that it creates space.

When we release what no longer serves us, we make room for new opportunities, relationships, experiences, and ways of thinking. We create room for rest when we've been overextended, for connection when we've felt isolated, and for growth when we've felt stuck.

New beginnings do not always arrive with dramatic changes. Sometimes they begin with a small decision, a new perspective, a healthy boundary, or a commitment to caring for ourselves in a different way. As you enter this new season, consider what you would like to cultivate in the months ahead. What seeds would you like to plant for your future self?

Moving Forward with Compassion

Growth is rarely linear. Some seasons are full of visible progress, while others are quieter and more reflective. Both are valuable.

As autumn settles over Vancouver Island, we invite you to approach this season with curiosity and self-compassion. Celebrate what you've accomplished, acknowledge what you've learned, and honor the challenges you've navigated along the way. Take time to appreciate the harvest you have gathered, and trust yourself enough to release what no longer belongs in the season ahead.

May this autumn bring opportunities for reflection, renewal, and meaningful growth.



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