

September

2025 -

Transition

A Monthly Workbook  
from Serenity in Motion

My Love,

Transitions rarely arrive with warning. Often, they come quietly - through a shift in season, a change in rhythm, a stirring within. In this month's gentle exploration, we honour the in-between,

Here, you are invited to soften into the space between what was and what's becoming. To trust the quiet unfolding. To remember that you don't need to rush into clarity,

Let this be your permission to pause, to breathe, and to allow your own beautiful metamorphosis to unfold at its own pace.

This is a threshold, not a test. You are allowed to take your time.

With love,

Lily

*“There is a hush in the turning. A golden moment between the inhale and exhale, when what was no longer holds - and what will be has not yet begun. In the stillness, I choose to become”*

Transition doesn't ask us to race ahead or cling to the past. It invites us to pause. To soften. To honour the space between endings and beginnings as sacred. In this golden in-between, there is room to exhale what no longer serves and gently inhale what wants to arrive.

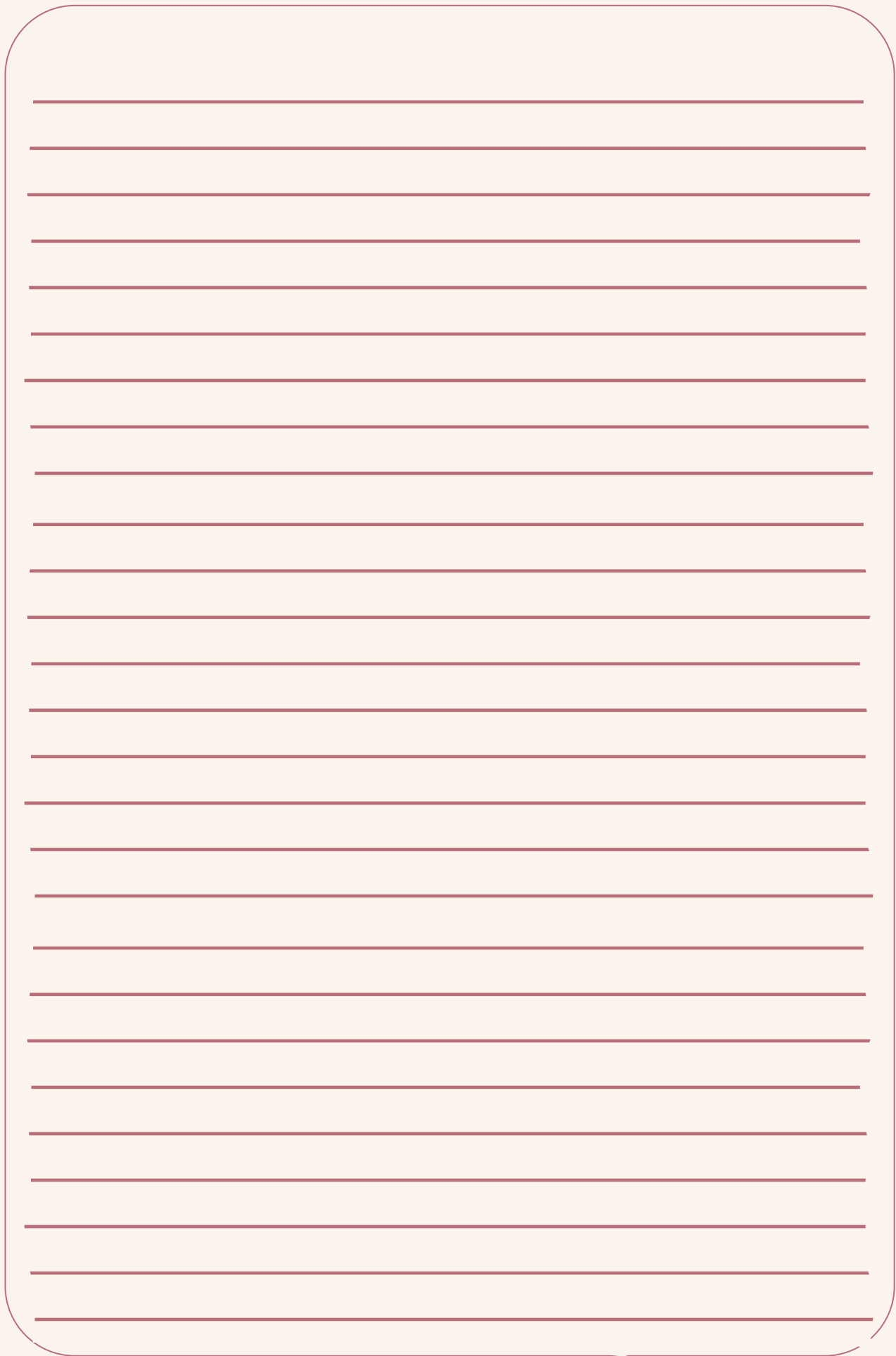
This is not a season for urgency. It is a time for grace.

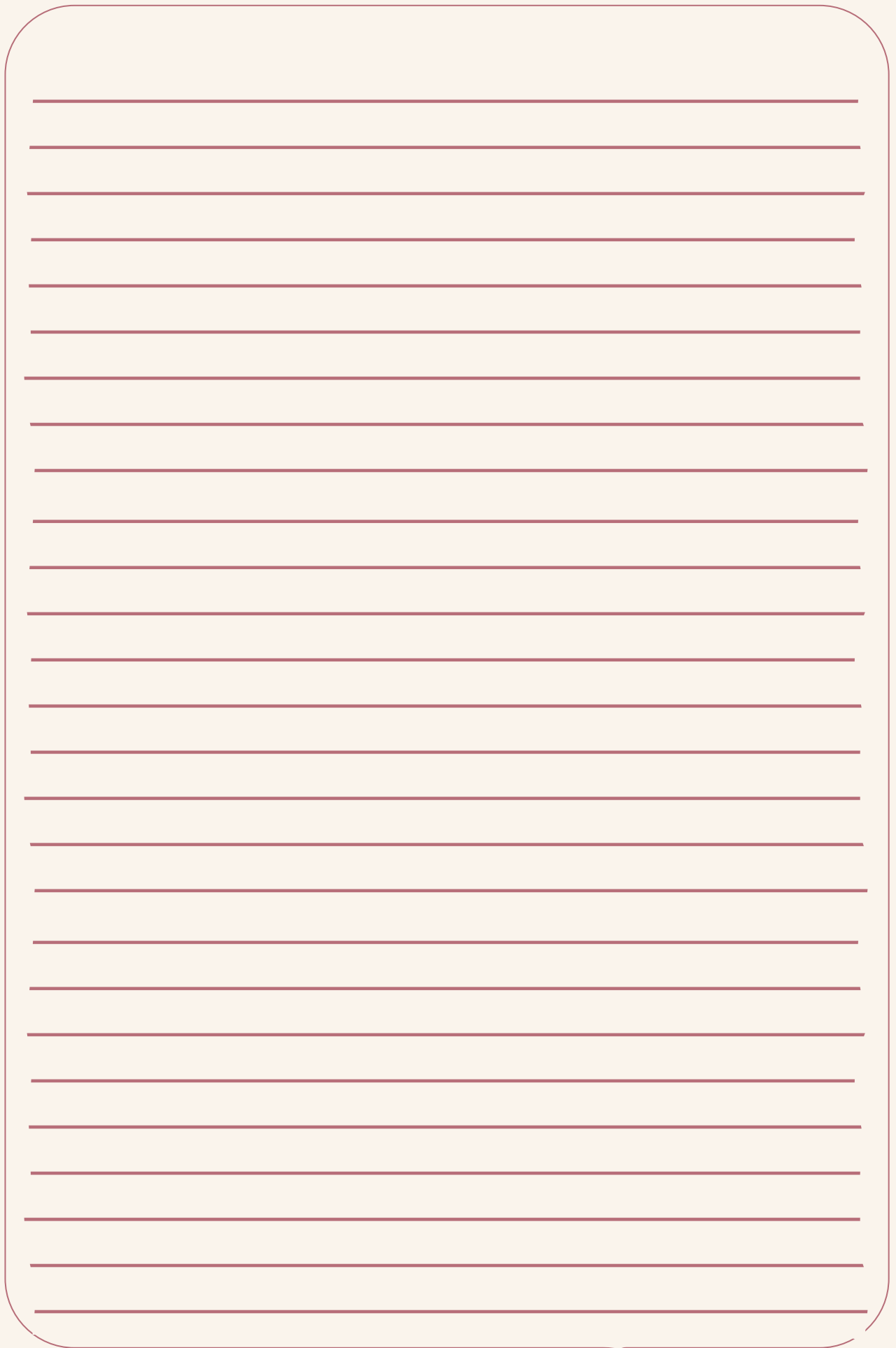
We are not meant to bloom all year long. The leaves fall, the air cools, and in nature's quiet shedding, we are reminded: becoming doesn't always look like effort - it can look like surrender.

Let this be your invitation to nestle into change. Not with resistance, but with reverence.

## *Journal Prompts*

1. Where in my life am I being asked to let go...even if I'm not ready?
2. What does "becoming" mean to me right now?
3. What parts of me are ready to be seen in this next season of life?
4. If I fully trusted the transition I am in, how would I move differently?
5. What softness can I offer myself as I navigate change?





## *Affirmations*

I honour the season I am in.

I soften into the unknown with grace.

Change is not a loss - it is a sacred invitation.

I am safe to shed, to shift, and to unfold.

Every transition carries me closer to my truth.

I trust the rhythm of my own becoming.

I am safe to change.

## *The Practice: The Bridge Breath*

Sit quietly with both feet flat on the ground.

Visualise a golden bridge in front of you.

Inhale. Imagine stepping onto it.

Exhale. Release fear.

Inhale. Feel possibility rising.

Exhale. Root into trust.

Repeat for 5 rounds, walking further down the bridge with each round.

Whisper: *“I am becoming”*

## *Challenge: The 7-Day Heartfelt Connection Challenge*

For seven days this month, make a conscious effort to deepen a connection in your life. Try:

- Writing a heartfelt message to a loved one
- Practicing deep listening in a conversation
- Scheduling quality time with a friend or partner
- Doing something kind for a stranger

Notice how your relationships shift when you show up with presence and love.

## *Closing Reflection*

You are not who you were at the start of this month - not because you changed everything, but because you allowed space for becoming.

Transitions aren't always loud. Often, they feel like breath:

Quiet. Essential. And entirely transformative.

