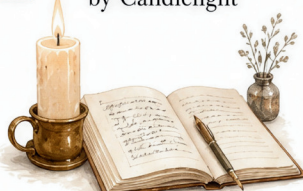


slow living FALL RITUALS LIST

SIMPLE PRACTICES FOR COZY AUTUMN DAYS

☐ 1. Begin a Five-Minute Morning Journal 	☐ 2. Create a Morning Tea Ritual 	☐ 3. Create a Fall Centerpiece 	☐ 4. Create an Autumn Recipe Book 
☐ 5. Press Flowers Between Book Pages 	☐ 6. Spend an Hour Doing a Puzzle 	☐ 7. Make a Simmer Pot 	☐ 8. Read Before Bed 
☐ 9. Create a Soft Evening Playlist 	☐ 10. Refresh Your Cozy Wardrobe 	☐ 11. Make a Cozy Autumn Treat 	☐ 12. Sit Somewhere Peaceful Without Your Phone 
☐ 13. Start a Small Embroidery Project 	☐ 14. Write a Page by Candlelight 	☐ 15. Make a Warm Breakfast Bowl 	☐ 16. Collect Ideas for a Winter Project 
☐ 17. Dry Herbs from the Kitchen 	☐ 18. Take a Long Scenic Bus Ride 	☐ 19. Spend a Morning Sketching 	☐ 20. Create a Bedside Reading Stack 
☐ 21. Make a Comforting Rice Pudding 	☐ 22. Refresh Your Evening Routine 	☐ 23. Watch the Trees from a Window Seat 	☐ 24. Record Your Favourite Autumn Memory 

SLOW DOWN. BREATHE DEEPLY. SAVOR THE SEASON.