



porpoiseful AUTUMN CHECKLIST

Savor the good and bring more joy to your fall season! Choose & add items that light you up.

Self-Care

- watch a sunset
- sip a chai latte or tea
- diffuse cinnamon essential oil
or light a fall-scented candle
- write in a gratitude journal
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Harvest Time

- get outdoors (hike, bike,
walk the beach, play...)
- drink hot apple cider
& share!
- try a new fall recipe
that might become a new tradition
- carve a pumpkin
and try roasting the seeds
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Autumn Home

- make an autumn craft
- rake the leaves
or work in the yard
- use your slow/instant cooker
with easy recipes
- hang an autumn wreath
or decoration
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Spread Joy & Kindness

- share gratitude
at a family dinner
- have a game night
with friends or family
- give candy & compliments
for Halloween
- volunteer to help
a neighbor, charity, or school
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