

AUTUMN SELF-CARE HABIT CHECKLIST



	Activities	Date
	Make a list of tasks that needs to be done!	
	Prioritize the list by importance and urgency.	
	Set realistic timelines and goals for each task.	
	Break down larger tasks into smaller.	
	Take breaks between tasks to stay energized.	
	Celebrate each accomplishment along the way.	
	Take time to meditate, read and journal.	
	Take a walk to clear your mind.	
	Make yourself a cup of tea, coffee,hot apple cider or hot chocolate. Unwind and enjoy!	
	Buy fresh produce from the farmers market.	
	Cook a new dish!	
	Experiment cooking with new produce.	
	Try your hand at baking.	
	Feel proud of yourself when the list is complete.	