

# self care checklist

*for autumn*

	Pumpkin Milkshake	Ice Cream	PSL	Fast Food	Apple Pie	Spice Cookies	
PSL	Enjoy a walk among the changing colors outside	Go to a pumpkin patch	Meditate in the crisp fall air	Create a relaxing fall playlist	Decorate for Halloween	Make a healthy, fall-inspired meal	PSL
Ice Cream	Snuggle up and watch your favorite Halloween movie	Write down five things you love about fall	Take yourself out on a date	Take a long, hot shower or bath	Unfollow anyone on social media that doesn't bring you joy	Organize your closet and donate clothes	Ice Cream
Pumpkin Milkshake	Give yourself a fall-themed manicure	Catch up with someone you haven't seen in a while	Try a new fall drink you've never had before	Write a letter to your future self	Do a random act of kindness for a stranger	Go out at night and stargaze	Pumpkin Milkshake
Apple Pie	Practice peaceful solitude	Wear a cute fall outfit that makes you feel confident	Journal about 3 things you'd like to accomplish this fall	Put on a face mask	Bake pumpkin bread	Visit a farmers market	Apple Pie
Spice Cookies	Light a fall-scented candle, and read a book	Spend at least 6 hours disconnected	Go apple picking	Enjoy a big breakfast	Practice yoga	Go on a coffee date with friends	Spice Cookies
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