

# Fall BUCKET LIST

## FOR MOMS

### FALL FUN ACTIVITIES

-  Add one comfy sweater or outfit to your wardrobe
-  Make a cozy self care kit
-  Do a short digital detox
-  Give yourself (or get) a fall pedicure
-  Bring coffee to a friend
-  Take photos of the changing leaves (just for you)
-  Go on a solo bike ride
-  Prepare your home for a cozy winter
-  Put up gratitude quotes in your home
-  Clean out your \_\_\_\_\_ (closet, basement, garage...)
-  Donate or have a garage sale
-  Change your sheets to flannel or fleece
-  Watch a fall sunrise or sunset
-  Do a gratitude challenge
-  Do a wine tasting
-  Plan a fall date night

-  Run a fall themed 5K or 10K (these can be virtual)
-  Work on a new habit
-  Buy cozy socks or blanket
-  Try a new healthy fall recipe
-  Visit an adult haunted house
-  Buy a new fall candle or make one
-  Make a fun fall cocktail
-  Read an inspiring book
-  Bake a pumpkin/pecan pie from scratch
-  Decorate the front porch
-  Get out of your comfort zone
-  Hike a new trail
-  Try a self care checklist
-  Volunteer
-  Go camping
-  Write someone a thank you note
-  Host a fall picnic or potluck
-  Take a long weekend off of work and household tasks
-  Buy yourself a pumpkin spice latte

