

A watercolor illustration of a rural autumn landscape. In the foreground, a winding road leads towards a red barn with a white door and windows. The barn is surrounded by trees with vibrant autumn foliage in shades of yellow, orange, and red. In the background, rolling hills and mountains are visible under a soft, warm sky. The overall style is soft and painterly, capturing the essence of the fall season.

An Autumn of Slow & Intentional Living

*A printable companion to help you pause
notice, and reconnect with the rhythm of
autumn.*

An Autumn of Slow & Intentional Living

A printable companion to help you pause, notice, and reconnect with the rhythm of autumn.

Autumn carries with it a natural invitation to slow down – a gentle turning inward after the fullness of summer. The light softens, routines begin to shift, and there's a quiet opportunity to move through the season with more intention and care.

This bundle brings together three seasonal calendars, each designed to support a different part of the autumn journey. You might begin by gently slowing down as summer fades, ease yourself into new rhythms as autumn settles in, and then turn towards connection – with your home, your people, and yourself.

These pages are not meant to be completed perfectly or followed rigidly. You can move through them in order, dip in and out, or return to them whenever the season calls for a pause. One prompt, one moment of noticing, one small act of care is always enough.

You might pin these pages to your kitchen wall, tuck them into a journal, or keep them beside your bed. Let them be whatever you need – a guide, a reminder, or simply a quiet companion through the autumn days.

With warmth,
Ciara

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31 Days of Slow Living: Late Summer to Early Autumn

A printable calendar of gentle, seasonal invitations to pause, notice, and reconnect.

Eat something fresh and seasonal — slowly.	Read a chapter of a book outdoors.	Watch the light change in your home as evening falls.	Write a short list of “summer things” you haven’t done yet — and pick one.	Go barefoot for as long as possible today.	Smell something that reminds you of childhood summers.	Take a few quiet minutes to simply listen — no music, no podcast. Just the natural soundtrack of your day.
Light a candle or incense after sunset, just because.	Do something slowly that you usually rush through.	Eat dinner outside or by an open window.	Take a photo of something that feels like late summer / early autumn to you.	Make a list of the <i>tiny</i> things that brought you joy this summer.	Revisit somewhere you’ve already been this summer — but see it differently.	Declutter one drawer or shelf to make space for the season ahead.
Wear something that makes you feel lovely — even if it’s just for home.	Bake or cook something seasonal, and share it with someone.	Go for a walk without tracking the steps or distance.	Listen to a favourite song and let it take you somewhere.	Let your home breathe — open the windows, clear a surface.	Make a “back to routine” list that actually feels kind.	Look back at photos from earlier this year — notice what made you smile.
Choose one habit or ritual you’d like to carry into autumn.	Change the bedding — something light to something cozier.	Shop your home for a tiny seasonal refresh.	Write a note or message to someone you’ve been thinking about.	Take stock — how do you feel about summer ending?	Set one gentle intention for autumn.	Say goodbye to summer — in your own way.
Sit outside in the morning light with your first cup of tea or coffee. No phone.	Pick (or buy) a bunch of flowers just because — place them somewhere unexpected	Lie on the grass and watch the clouds for five minutes.				

30 Gentle Prompts to Ease Into Autumn

A SLOW LIVING CALENDAR

Choose a word or intention to carry into this new season	Go for a short walk and notice three small changes in nature	Sit with a warm drink and write down how you're really feeling	Send a message to someone you haven't spoken to in a while	Start your day with five quiet minutes, before reaching for your phone	Make a nourishing seasonal soup, stew or breakfast	Listen to a song that brings you peace or comfort
Ask a friend how they really are — and make space to listen	Jot down a few things you're looking forward to this season	Stretch your body slowly and gently for five minutes	Light a candle and spend 10 minutes reading (no screens!)	Go for a walk or coffee catch-up with someone you care about	Take a few slow, steady breaths and gently ground yourself	Cook something hearty and homemade just for you
Sit by a window and notice the changing light or trees	Write a short note, message, or letter to someone you appreciate	Reflect on what feels good in your life right now — however small	Step outside first thing and breathe in the morning air	Make a warm drink and spend 10 minutes journaling freely	Phone someone you've been meaning to call for a while	Write down three things that are helping you feel calm lately
Move your body in a way that feels joyful (no pressure!)	Watch a cosy film, listen to a podcast or playlist that lifts you	Make a date with a loved one — a walk, a chat, anything you like	Take a moment to notice what you need — then honour it	Prep a meal, outfit or plan ahead to support your future self	Declutter one small area of your home — a drawer, a shelf, a bag	Compliment or thank someone in your daily life
Take stock of the month: what felt good, and what didn't?	Do something today your future self will thank you for					

A gentle pause between the golden rush of summer and the quiet turning inward of autumn — a time to reset, reflect, and return to what matters most.



AUTUMN IN BALANCE: MIND, BODY, SOUL & CONNECTION

Mind

- Choose a word or intention to carry into this new season
- Sit with a warm drink and write down how you're really feeling
- Jot down a few things you're looking forward to this season
- Reflect on what feels good in your life right now — however small
- Take a moment to notice what you need — then honour it
- Do something today your future self will thank you for
- Write down three things that are helping you feel calm lately
- Watch a cosy film, listen to a podcast or playlist that lifts you
- Take stock of the month: what felt good, and what didn't?

Soul

- Sit by a window and notice the changing light or trees
- Make a warm drink and spend 10 minutes journaling freely
- Write a short note, message, or letter to someone you appreciate
- Take a few slow, steady breaths and gently ground yourself
- Listen to a song that brings you peace or comfort
- Compliment or thank someone in your daily life

Body

- Go for a short walk and notice three small changes in nature
- Stretch your body slowly and gently for five minutes
- Light a candle and spend 10 minutes reading (no screens!)
- Start your day with five quiet minutes before reaching for your phone
- Make a nourishing seasonal soup, stew or breakfast
- Move your body in a way that feels joyful (no pressure!)
- Step outside first thing and breathe in the morning air
- Cook something hearty and homemade just for you
- Prep a meal, outfit or plan ahead to support your future self
- Declutter one small area of your home — a drawer, a shelf, a bag

Connection

- Send a message to someone you haven't spoken to in a while
- Ask a friend how they really are — and make space to listen
- Go for a walk or coffee catch-up with someone you care about
- Phone someone you've been meaning to call for a while
- Make a date with a loved one — a walk, a chat, anything you like

A GENTLE RESET: REFLECTIONS



“What does a balanced life look and feel like for me this season?”

Reflect on how you’d like your days to flow as autumn approaches, and what balance means in this moment of your life.

“What rhythms or rituals help me feel most grounded?”

Consider the little daily or weekly habits that bring you back to yourself — and how you might weave more of them into your month.

“Where in my life could I slow down — and what might open up if I did?”

Explore areas that feel rushed or pressured, and imagine how slowness might bring peace or clarity.

“Who or what do I want to feel more connected to this autumn?”

This could be a person, your inner self, nature, a creative pursuit, or something spiritual.

31 DAYS OF CONNECTION

A Slow & Intentional Autumn Calendar

Little traditions and cosy moments to share with family, friends and yourself

Go apple picking (or buy a big bag) and bake a crumble.	Visit a farmers' market and pick one seasonal star to cook with tonight.	Golden-hour walk. Step outside just before sunset	Bake bread from scratch	Host a soup-and-bread night.	Write an autumn gratitude list.	A cosy reading evening.
Create an Autumn doorway or windowscape.	Slow-cooker supper. Eat together if you can.	Conker & acorn hunt. Fill a bag with little treasures	Seasonal movie night. Gilmore Girls, Harry Potter, or a cosy classic	Go for a country-lane drive + hot chocolate stop.	Make a simple seasonal craft. Pressed leaves or a wreath.	Firepit or fireplace evening. Toast marshmallows, tell stories
Cook or bake with pumpkin. Soup, risotto, muffins, or a loaf	Board-game night. Let everyone pick one; rotate between short rounds to keep it fun	Journal your autumn intentions.	Go to a harvest fair or autumn market.	Screen-light evening. Switch to lamps and candles; swap scrolling for a chat, puzzle, or music.	Make an autumn playlist. Cosy, moody, or slightly spooky	Noticing walk. Write down or photograph five signs of autumn
Bake with friends or family. Brownies, biscuits, pumpkin bread	Seasonal wardrobe swap. Pull out jumpers and scarves	Stargazing or torchlit stroll.	Dinner-for-two at home. Candles, favourite music, simple comfort food	Carve or paint pumpkins.	Spooky scavenger hunt. Hide clues around the house or garden;	Decorate for Halloween (your way). From minimal candles to full haunted-house fun
Make toffee apples or caramel popcorn.	Halloween movie marathon. Hocus Pocus, Casper, Addams Family, Coraline	Halloween with gratitude. Costumes, treats, games — - reflect on your favourite autumn moments.				

31 DAYS OF CONNECTION

1. Go apple picking (or buy a big bag) and bake a crumble.-Connect over choosing, peeling, stirring — and that first warm spoonful.
2. Visit a farmers' market and pick one seasonal star (squash, leeks, apples) to cook with tonight. Let one ingredient shape the whole meal.
3. Golden-hour walk. Step outside just before sunset; notice how the light paints the trees.
4. Bake bread from scratch. No-knead, soda bread, or a simple loaf — the scent alone feels like a hug.
5. Host a soup-and-bread night. Low effort, high comfort. Invite family, friends, or just your own crew.
6. Write an autumn gratitude list. Three honest things you're grateful for right now — big or tiny.
7. A cosy reading evening. Everyone chooses a book; add blankets and warm drinks.
8. Autumn doorway or windowscape. Pumpkins, foraged branches, jars with tea lights — simple and welcoming.
9. Slow-cooker supper. Let dinner bubble away while life happens. Eat together if you can.
10. Conker & acorn hunt. Fill a bag with little treasures. Display them in a bowl or use for crafts.
11. Seasonal movie night. Gilmore Girls, Harry Potter, or a cosy classic — popcorn, socks, low lights.
12. Country-lane drive + hot chocolate stop. Leaf-lined roads, music on, thermos or café treat.
13. Make a simple seasonal craft. Pressed leaves, a wreath, or a paper garland.
14. Firepit or fireplace evening. Toast marshmallows, tell stories, and pass around a blanket.
15. Cook or bake with pumpkin. Soup, risotto, muffins, or a loaf — choose one and make it together.
16. Board-game night. Let everyone pick one; rotate between short rounds to keep it fun.
17. Journal your autumn intentions. One page: how you want this season to feel; what you need more/less of.
18. Go to a harvest fair or autumn market. Talk to growers, try something local, soak up the atmosphere.
19. Screen-light evening. Switch to lamps and candles; swap scrolling for a chat, puzzle, or music.
20. Make an autumn playlist. Cosy, moody, or slightly spooky — play it during dinner or drives.
21. Noticing walk. Write down or photograph five signs of autumn you spot today.
22. Bake with friends or family. Brownies, biscuits, pumpkin bread — share half with a neighbour.
23. Seasonal wardrobe swap. Pull out jumpers and scarves; donate something you no longer wear.
24. Stargazing or torchlit stroll. Ten minutes under the night sky — spot a constellation or just enjoy the hush.
25. Dinner-for-two at home. Candles, favourite music, simple comfort food — phones away.
26. Carve or paint pumpkins. Messy, creative, brilliant. Teens can try stencils or clever themes.
27. Spooky scavenger hunt. Hide clues around the house or garden; end with hot chocolate.
28. Decorate for Halloween (your way). From minimal candles to full haunted-house fun — let everyone add a touch.
29. Make toffee apples or caramel popcorn. Sticky, nostalgic, and perfect for a film or games night.
30. Halloween movie marathon. Hocus Pocus, Casper, Addams Family, Coraline — or your own family favourites.
31. Halloween with gratitude. Costumes, treats, games — and two minutes reflecting on your favourite autumn moments.

31 DAYS OF CONNECTION: REFLECTIONS

1. With Myself

What small daily ritual helped me feel most grounded and connected to myself this autumn?

2. With Family/Children

What moment with my family (or children) this month felt most joyful, ordinary-yet-special, or memorable?

3. With Friends/Community

How did I nurture connection with friends or my wider community, and how did it make me feel?

4. With My Partner/Relationships

What little tradition, conversation, or shared moment deepened my connection with my partner (or someone close to me) this month?



How to Use This Printable

How to Print

- For best results, print the pages on A4 or US Letter size paper.
- Use a high-quality print setting for crisp text and colour.
- You can print at home or at a local print shop.
- Choose to print single pages or the whole bundle — whatever suits your space and lifestyle.



How to Use

- Hang the calendar on your fridge, in your hallway, by your desk — somewhere you'll see it often.
- Keep the full prompt list handy as a reference or tuck it into your journal.
- Use the journaling page when you have a quiet moment — perhaps at the weekend or at the end of each week.
- Let the prompts inspire small shifts, little pauses, and deeper presence throughout your day.
- No pressure to complete everything — let this be flexible and nourishing, not one more thing on your to-do list.



Stay Connected


I love seeing how these seasonal printables find their way into your homes.

If you'd like to share, tag me on Instagram — I always love hearing from you!


Let's enjoy this autumn together.

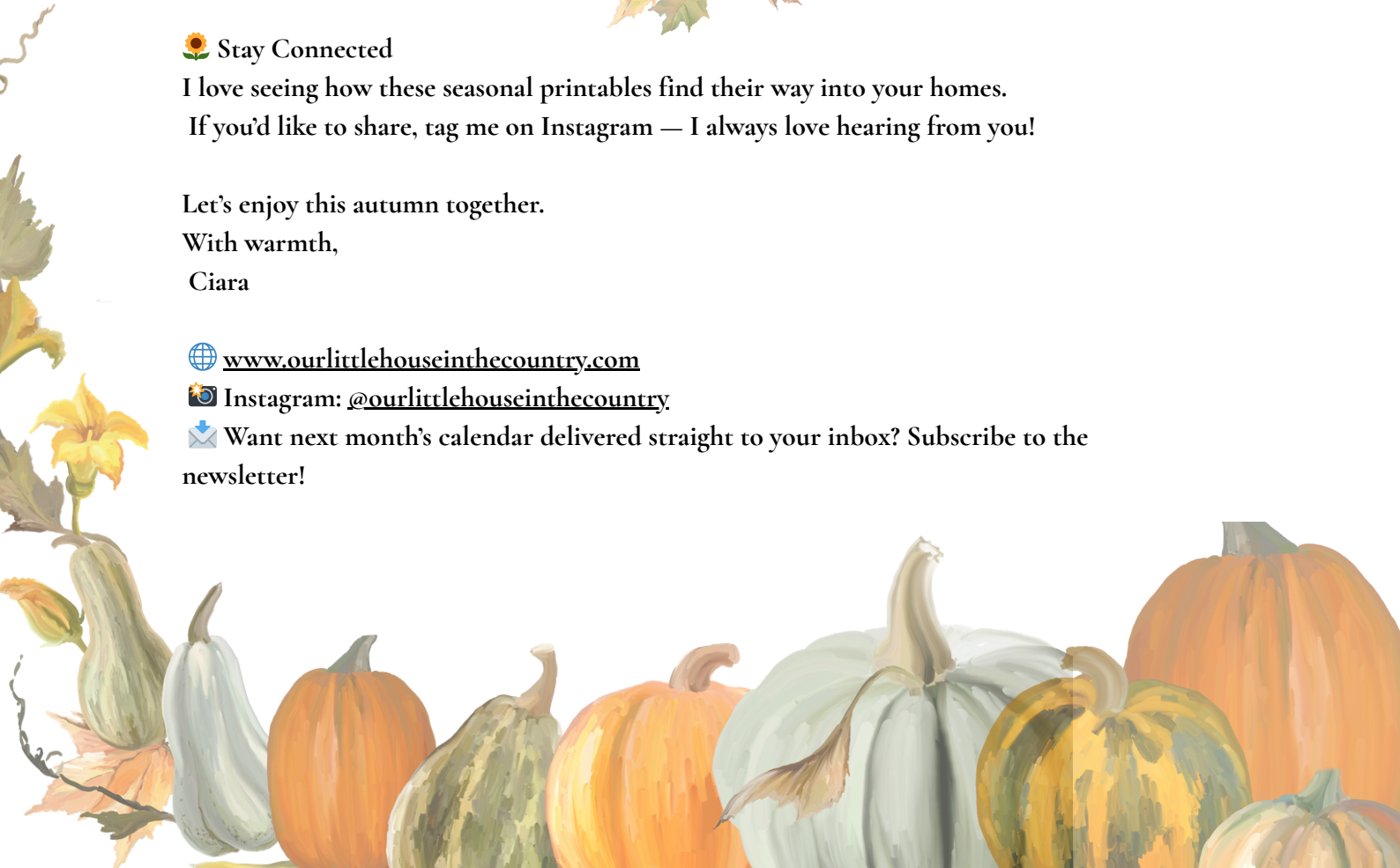
With warmth,

Ciara

 www.ourlittlehouseinthecountry.com

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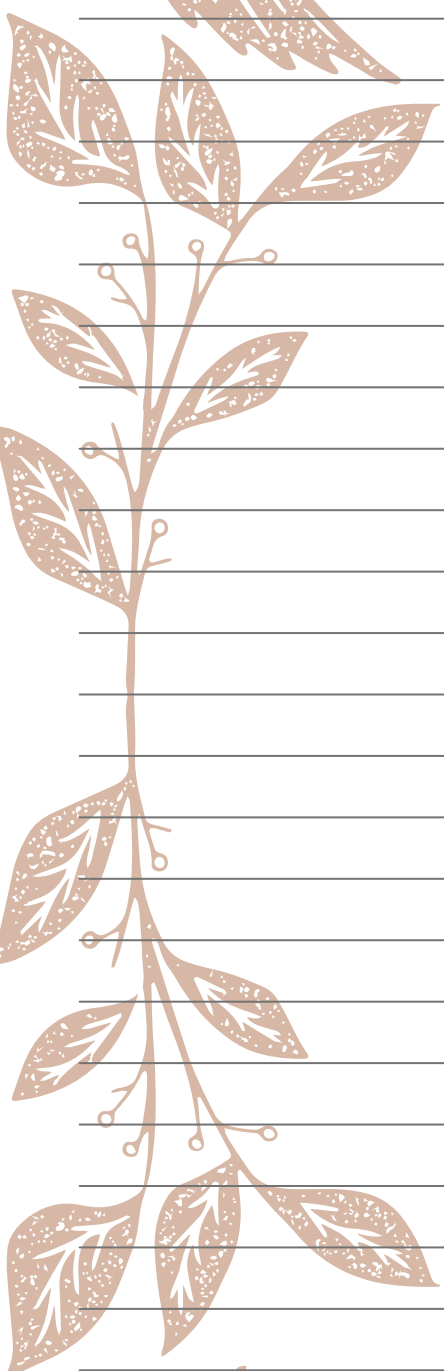
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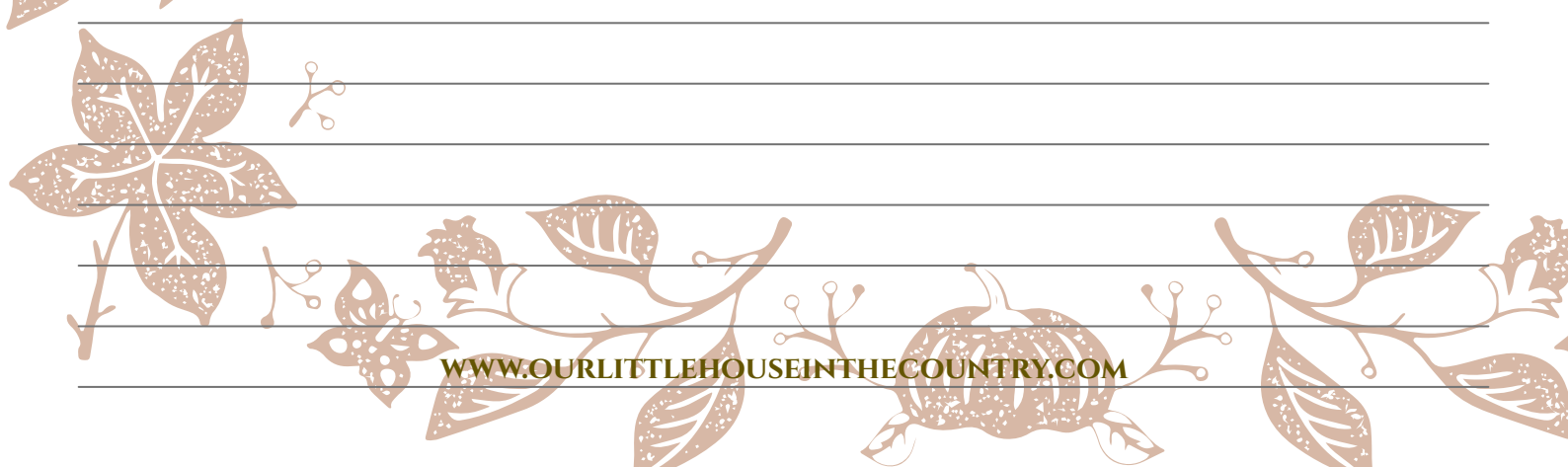
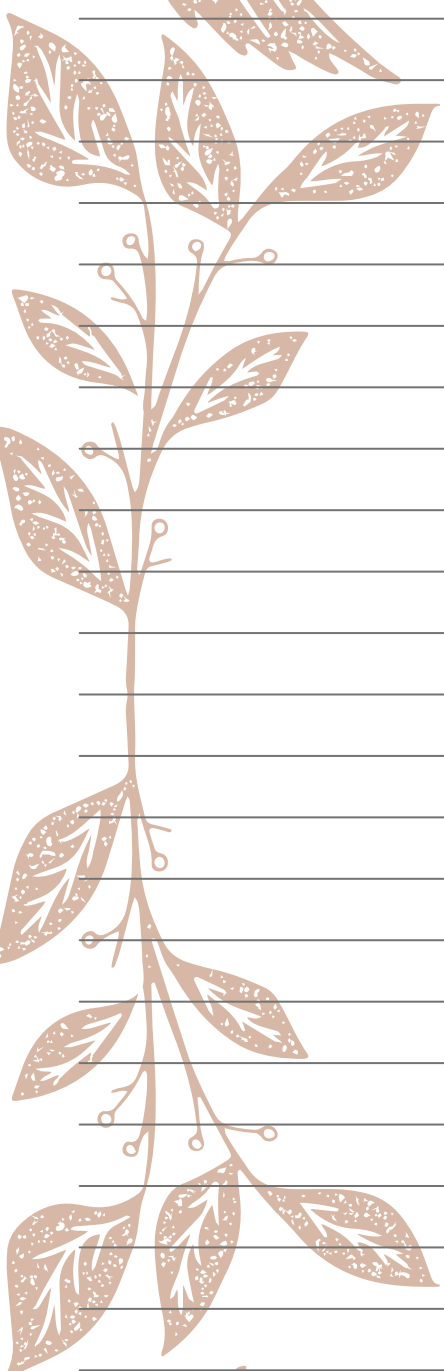
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