

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.				

