



50 COZY *Autumn Evenings*

SIMPLE IDEAS TO SLOW DOWN,
CONNECT & ENJOY THE SEASON

- ♥ 1. Light a candle and enjoy the glow
- ♥ 2. Cozy up with a good book
- ♥ 3. Make a mug of hot chocolate
- ♥ 4. Watch a feel-good film
- ♥ 5. Put on soft pyjamas
- ♥ 6. Enjoy a glass of red wine
- ♥ 7. Have a board game night
- ♥ 8. Listen to your favourite playlist
- ♥ 9. Bake something warm and comforting
- ♥ 10. Write in your journal
- ♥ 11. Read poetry or inspiring quotes
- ♥ 12. Take a long, hot bath
- ♥ 13. Do a puzzle
- ♥ 14. Knit or crochet something cosy
- ♥ 15. Plan your next adventure
- ♥ 16. Enjoy a hearty soup or stew
- ♥ 17. Have a tech-free evening
- ♥ 18. Write a letter to a friend
- ♥ 19. Enjoy a fireside chat
- ♥ 20. Look through old photographs
- ♥ 21. Make a seasonal drink or tea
- ♥ 22. Do a gentle evening stretch
- ♥ 23. Read a favourite childhood book
- ♥ 24. Create a cosy autumn playlist
- ♥ 25. Stargaze on a clear night
- ♥ 26. Decorate with fairy lights
- ♥ 27. Have a pamper night
- ♥ 28. Colour in a colouring book
- ♥ 29. Try a new recipe
- ♥ 30. Enjoy your favourite autumn treat
- ♥ 31. Have a movie marathon
- ♥ 32. Make a gratitude list
- ♥ 33. Enjoy the sound of rain
- ♥ 34. Draw or paint something
- ♥ 35. Make a list of goals and dreams
- ♥ 36. Read a magazine
- ♥ 37. Do a DIY project
- ♥ 38. Learn something new online
- ♥ 39. Play cards
- ♥ 40. Sip a spiced latte
- ♥ 41. Read by the fire
- ♥ 42. Write down happy memories
- ♥ 43. Do some mindful breathing
- ♥ 44. Enjoy a cheese board
- ♥ 45. Pot a plant or tend to greenery
- ♥ 46. Write a bucket list
- ♥ 47. Enjoy a comforting audiobook
- ♥ 48. Have a slow evening alone
- ♥ 49. Watch the sunset
- ♥ 50. End the evening with a prayer

*It's the little moments that make
autumn evenings so special.*