

COZY
Autumn
EVENINGS

IDEAS, INSPIRATION & SIMPLE JOYS
FOR THE SEASON

SLOW DOWN, GET COZY &
MAKE THE MOST OF AUTUMN NIGHTS

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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.*



COZY *Autumn Evenings* CHECKLIST

LITTLE THINGS THAT MAKE
EVENINGS FEEL EXTRA SPECIAL

 SET THE SCENE

- ☐ Light candles or lanterns
- ☐ Dim the lights
- ☐ Put on soft, warm lighting
- ☐ Open the curtains and look outside
- ☐ Play gentle music

 GET COMFY

- ☐ Snuggle into cosy blankets
- ☐ Wear soft, comfy clothes or pyjamas
- ☐ Fluff the cushions
- ☐ Make a hot drink
- ☐ Keep the fire or stove going

 SLOW DOWN

- ☐ Put your phone away
- ☐ Take a few deep breaths
- ☐ Enjoy the quiet
- ☐ Be present in the moment
- ☐ Let go of the day

 NOURISH & INDULGE

- ☐ Make a comforting meal or snack
- ☐ Enjoy a seasonal treat
- ☐ Sip something warm and soothing
- ☐ Use your favourite mug
- ☐ Treat yourself kindly

 ENJOY SIMPLE PLEASURES

- ☐ Read a good book
- ☐ Watch a feel-good film or series
- ☐ Listen to an audiobook or podcast
- ☐ Do a puzzle or play a game
- ☐ Get creative – paint, draw or craft

CONNECT & REFLECT

- ☐ Write in your journal
- ☐ Reflect on your day
- ☐ Write down three things you're grateful for
- ☐ Call or message a friend
- ☐ Share quality time with loved ones

 LOOK AFTER YOU

- ☐ Take a long bath or shower
- ☐ Do a gentle stretch
- ☐ Skincare or pamper time
- ☐ Rest without guilt
- ☐ Go to bed at a reasonable time

 FOR TOMORROW

- ☐ Plan something to look forward to
- ☐ Tidy a small space
- ☐ Lay out comfy clothes
- ☐ Prepare your to-do list
- ☐ Set an intention for tomorrow

The best evenings
aren't planned -
they're savoured.





MY PERFECT *Cozy Autumn Evening*

SIMPLE PLEASURES, WARM MOMENTS
& ALL THE LITTLE THINGS I LOVE



THE ATMOSPHERE

How do I want it to feel?

Lighting, scents & sounds

WHAT I'LL WEAR

Comfy, cosy & me



WHAT I'LL DO

Activities that bring me joy

♥

♥

♥

♥

♥

♥

WHAT I'LL EAT & DRINK

My favourite cozy treats



WHO I'LL SPEND IT WITH

The people (or pets!) who make it special



MY COZY TOUCHES

Little details that make it perfect

♥

♥

♥

♥

♥



HOW I'LL FEEL

What I hope to feel by the end of the evening



NOTES & THOUGHTS





SCREEN-FREE *Autumn Evening* PLANNER

A GENTLE PLAN FOR EVENINGS
THAT NOURISH & RESTORE

TONIGHT'S INTENTION 🍂

How do I want to feel this evening?

SCREEN-FREE PROMISE 🍂

- ☐ I will put my phone away
- ☐ No TV or scrolling
- ☐ Be present in this moment
- ☐ Choose connection over screens
- ☐ Focus on what truly matters

♥ *The goal isn't perfection,
it's presence.*

EVENING PLAN 🍂

What would I love to do?

5pm _____

6pm _____

7pm _____

8pm _____

9pm _____

10pm _____

IDEAS TO CHOOSE FROM 🍂

- ♥ Read a good book
- ♥ Listen to an audiobook or podcast
- ♥ Light a candle & enjoy the glow
- ♥ Do a puzzle or play a board game
- ♥ Write in my journal
- ♥ Get creative – draw, paint or craft
- ♥ Bake something delicious
- ♥ Enjoy a warm drink
- ♥ Listen to music
- ♥ Have a heartfelt conversation
- ♥ Take a mindful moment
- ♥ Plan something to look forward to
- ♥ Stretch or do gentle yoga
- ♥ Write a letter or send a card
- ♥ Organise something small
- ♥ Sit by the fire & relax
- ♥ Reflect on my day
- ♥ Practice gratitude

WHO I'LL SPEND TIME WITH 🍂

People (or pets!) that make
this evening special

WHAT I'M LOOKING FORWARD TO 🍂

Little moments that will
make me smile

COZY ESSENTIALS 🍂

My must-haves for a perfect evening

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

EVENING REFLECTION 🍂

How did this evening make me feel?

SLOW DOWN. UNPLUG. BE PRESENT.

This is where the magic happens.

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AUTUMN EVENING *Reflection*

TAKE A MOMENT TO PAUSE, BREATHE &
SAVOR THE BEAUTY OF THIS SEASON



TODAY, I FELT... 

THE LITTLE MOMENTS I LOVED... 

THINGS THAT BROUGHT ME JOY... 

I'M GRATEFUL FOR... 

WHAT I LEARNED OR REALISED... 

WHAT I'M LOOKING FORWARD
TO TOMORROW... 

*Evenings are
for slowing down
and noticing
the good things.*

NOTES, THOUGHTS & FREE REFLECTIONS... 

*Collect beautiful moments
& they become beautiful memories.*

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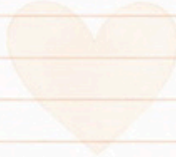
AUTUMN EVENING

Reflection

PAUSE, REFLECT & APPRECIATE
THE SIMPLE BEAUTY OF TODAY



Today I felt... 



It's okay to have
all the feelings. 

Highlights of
my evening 







What I'm grateful for



1. _____
2. _____
3. _____
4. _____
5. _____

Moments that
made me smile



What I loved most
about this evening



Self-care check in 

How did I take care of myself today?

What do I need more of?

Letting go 

What can I gently release
from today?



Tomorrow I'm
looking forward to...



A little note to myself



BE KIND TO YOUR HEART. YOU ARE DOING YOUR BEST. 

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