

THE
GENTLE
AUTUMN
Companion

A COLLECTION OF PRINTABLES
TO HELP YOU SLOW DOWN,
REFLECT AND ENJOY THE
SEASON



AUTUMN *Intentions*

— ♥ —
A NEW SEASON. A FRESH START.
GENTLE INTENTIONS FOR THE DAYS AHEAD.



WHAT I HOPE TO FOCUS ON

HOW I WANT TO FEEL



THINGS I WANT TO MAKE TIME FOR



HABITS & ROUTINES TO NURTURE



I AM LOOKING FORWARD TO





LET GO OF

A LITTLE REMINDER



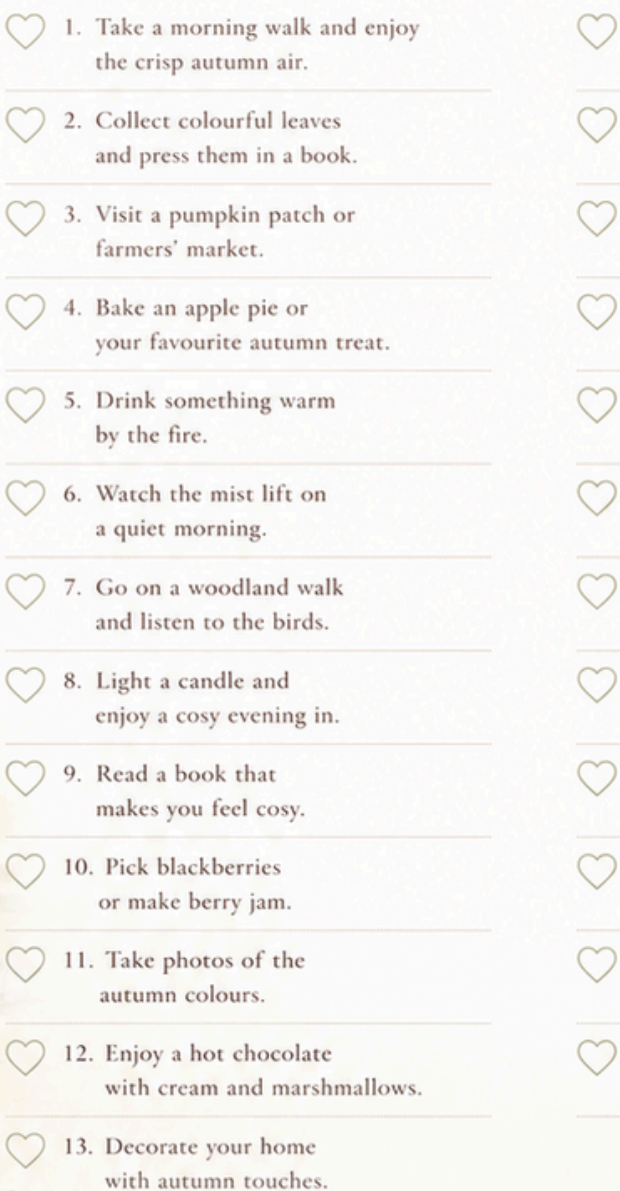
*Slow down, be present and enjoy
the simple beauty all around you.*





AUTUMN *Bucket List*

25 GENTLE THINGS TO SEE, DO
AND ENJOY THIS AUTUMN

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1. Take a morning walk and enjoy the crisp autumn air.
 2. Collect colourful leaves and press them in a book.
 3. Visit a pumpkin patch or farmers' market.
 4. Bake an apple pie or your favourite autumn treat.
 5. Drink something warm by the fire.
 6. Watch the mist lift on a quiet morning.
 7. Go on a woodland walk and listen to the birds.
 8. Light a candle and enjoy a cosy evening in.
 9. Read a book that makes you feel cosy.
 10. Pick blackberries or make berry jam.
 11. Take photos of the autumn colours.
 12. Enjoy a hot chocolate with cream and marshmallows.
 13. Decorate your home with autumn touches.
 14. Carve a pumpkin (or paint one!).
 15. Make toffee apples or caramel treats.
 16. Have a movie night with blankets and popcorn.
 17. Collect conkers and play a game.
 18. Cook a big pot of soup from scratch.
 19. Watch the sunset on an autumn evening.
 20. Make a gratitude list for the season.
 21. Visit a stately home, castle or historic garden.
 22. Make a cosy autumn playlist.
 23. Try a new recipe with seasonal vegetables.
 24. Enjoy a slow Sunday with no plans.
 25. Notice the beauty in the little things.



*Embrace the season, slow down
and enjoy every moment.*



SEASONAL

Things I'm Enjoying

A LITTLE LIST TO CELEBRATE
THE JOYS OF THIS SEASON

BEAUTIFUL SIGHTS





COZY MOMENTS





DELICIOUS TREATS





FAVOURITE ACTIVITIES





PEOPLE & CONNECTIONS





HOME & COMFORTS





NATURE'S LITTLE GIFTS





SIMPLE PLEASURES





MEMORIES IN THE MAKING





*There is so much
beauty to be found
in the little things.*





FAVOURITE *Autumn Moments*

THE LITTLE MOMENTS THAT
MAKE AUTUMN SO SPECIAL

A MOMENT THAT MADE ME SMILE



SOMETHING BEAUTIFUL I SAW



SOMETHING COZY I ENJOYED



TIME SPENT WITH
PEOPLE I LOVE



A SIMPLE PLEASURE
I DON'T WANT TO FORGET



A MEMORY I WANT
TO KEEP FOREVER



SOMETHING I'M
GRATEFUL FOR



A MOMENT I WANT TO EXPERIENCE AGAIN





AUTUMN *Reflections*

TAKING TIME TO PAUSE,
REFLECT AND APPRECIATE THIS SEASON

WHAT I'M MOST GRATEFUL FOR THIS AUTUMN



WHAT I'VE ENJOYED MOST
SO FAR THIS SEASON



LESSONS I'VE LEARNT
OR THINGS I'VE GROWN FROM



MOMENTS THAT BROUGHT
ME JOY



THINGS I WANT TO
REMEMBER



WHAT I NEED MORE OF



WHAT I WANT TO LET GO OF



MY INTENTION FOR THE REST OF AUTUMN







25 GENTLE AUTUMN *Journaling Prompts*

SIMPLE PROMPTS TO HELP YOU
REFLECT, SLOW DOWN AND SAVOUR THE SEASON

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1. What does autumn mean to me?
 2. What am I looking forward to most about this season?
 3. Describe a perfect autumn day for me.
 4. What are three things I want to let go of this autumn?
 5. How do I want to feel as autumn unfolds?
 6. What simple rituals or habits do I want to bring into my days?
 7. What brings me comfort when the days are shorter?
 8. What Autumn tradition(s) do I love most?
 9. What is something I want to try for the first time?
 10. What are some of my favourite autumn scents, tastes or sounds?
 11. Who or what am I most grateful for right now?
 12. What memories from past autumns make me smile?
 13. What makes my home feel cosy and welcoming?
 14. How can I show myself more kindness this season?
 15. What books, movies or podcasts do I want to enjoy?
 16. What are some places I'd love to visit or explore?
 17. What creative projects inspire me this autumn?
 18. How can I spend more time in nature this season?
 19. What are some moments I want to capture and remember?
 20. What are my hopes for the coming months?
 21. What lessons is this season teaching me?
 22. What are the little things I want to notice more?
 23. How can I make space for more rest and slow living?
 24. What brings me joy on crisp autumn days?
 25. What intentions do I want to carry with me into winter?

*Take your time, be gentle with yourself
and enjoy this beautiful season.*



A MOMENT TO PAUSE
My Thoughts, My Heart, My Autumn

