

A LITTLE GIFT to My Future Self



SIMPLE THINGS I'M DOING THIS AUGUST
TO MAKE SEPTEMBER FEEL GENTLER.

Part of the August Seasonal Guides from Our Little House in the Country ♥

MY AUGUST CHECKLIST



HOME

- ☐ Cleared one small space
- ☐ Freshened one room
- ☐ Restocked everyday essentials
- ☐ Sorted one shelf in the pantry
- ☐ Let go of the "I'll deal with it later" pile



FAMILY

- ☐ Saved favourite summer photos
- ☐ Planned one simple family day
- ☐ Restocked school bags & lunch boxes
- ☐ Had an unhurried conversation
- ☐ Prepared a few easy meals or snacks



ME

- ☐ Booked an appointment
- ☐ Finished the book I've been reading
- ☐ Spent an evening completely offline
- ☐ Wrote down what made this summer feel special
- ☐ Decided how I want September to feel



AUTUMN

- ☐ Froze a few easy meals
- ☐ Chose one habit to carry forward
- ☐ Wrote a simple September wish list
- ☐ Tidy my handbag or everyday bag
- ☐ Thought about how I want September to feel

