



15 MINDFUL AUTUMN Habits FOR THE SEASON

Gentle habits to help you slow down,
notice more and enjoy every moment.



NOTICE



- Notice how the morning light has changed.
- Listen to the birds before reaching for your phone.
- Look up at the trees and notice the colours.
- Take one slow breath before beginning your day.



MOVE



- Take a walk without headphones.
- Wander somewhere new and explore.
- Pause halfway through your walk and simply be.
- Feel the cool air on your face and be present.



SAVOUR



- Drink your tea or coffee slowly and enjoy every sip.
- Eat one seasonal meal without distractions.
- Read for fifteen quiet minutes.
- Light a candle simply because it brings you joy.



REFLECT



- Write one thing you are grateful for.
- Watch one sunset this week.
- Notice something beautiful each day.
- Be kind to yourself, especially on hard days.

TODAY I NOTICED...

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HOW TO USE

Choose one gentle habit each day.
There is nothing to complete.
Simply notice a little more of the season around you.
Return whenever you need a quiet pause.



*Autumn reminds us that slowing down isn't falling behind.
It's another way of paying attention.*

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