



SEPTEMBER

of Simple Intentions

30 GENTLE INVITATIONS FOR
A MORE INTENTIONAL AUTUMN

*How do I want to live this season? Gentle invitations
to choose what matters, let go of what doesn't
and create an autumn you love.*



CREATING SPACE



Make room for
what matters.

RETURNING TO YOURSELF



Reconnect with
what fills your cup.

HOME & COMFORT



Create warmth,
calm and comfort.

NOTICING WHAT MATTERS



Slow down and
appreciate the
little things.

LOOKING AHEAD



Make thoughtful
choices for the
season ahead.

REFLECTION & INTENTIONS



Reflect, be grateful
and set gentle
intentions.

1
Open the windows
and welcome in the
changing season.

2
Notice the first
sign of autumn
wherever you are.

3
Clear one small
area of your home
that no longer
feels useful.

4
Choose a
slower pace for
part of today.

5
Spend ten
minutes sitting
quietly with a
warm drink.

6
Think about how
you want this
autumn to feel.

7
Write down three
things that matter
most right now.

8
Take a walk
without listening
to anything.

9
Make time for
something you've
been neglecting.

10
Let go of one
expectation that
feels heavy.

11
Add one small
touch of autumn
to your home.

12
Light a candle
before sunset.

13
Create a cosy
corner for reading,
resting or thinking.

14
Make a meal
that feels
comforting and
nourishing.

15
Change something
in your home that
no longer
serves you.

16
Pay attention to
something beautiful
you usually
overlook.

17
Watch the
evening light as
the day ends.

18
Take a
photograph that
captures this
season.

19
Spend time with
someone whose
company fills
your cup.

20
Appreciate
something ordinary
that makes your
life easier.

21
Write down one
habit you'd like to
carry into
autumn.

22
Choose one
thing you'd like
less of this
season.

23
Choose one
thing you'd like
more of this
season.

24
Start a simple
autumn
ritual.

25
Make a list of small
things you're
looking forward
to.

26
What are you
grateful for as
summer
ends?

27
What has this
year taught you
so far?

28
What would make
this season feel
meaningful?

29
What can you
simplify right
now?

30
Set one gentle
intention for
October.

*May your September be filled
with cosy moments, kind choices
and the simple beauty of
an intentional autumn.*

