

SLOW August

31 GENTLE INVITATIONS FOR LATE SUMMER

*Savour what remains, hold onto the sunshine
and welcome the beauty of what's to come.*



SAVOURING THE SEASON



Notice the beauty
in these golden
days.

LATE SUMMER FLAVOURS



Enjoy the tastes
of the season.

SLOWING DOWN



Make space for rest
and simple
pleasures.

HOLDING ONTO SUMMER



Capture memories
and moments that
matter.

CONNECTION



Spend time with
the people who
mean the most.

PREPARING FOR A NEW SEASON



Prepare gently for
the season ahead.

1

Watch the
sunrise before
the day
gets busy.

2

Notice how the
light is beginning
to change.

3

Spend ten
minutes sitting
quietly
outdoors.

4

Pick a few
late-summer
flowers.

5

Watch bees
visiting
the garden.

6

Eat something
made with
seasonal fruit.

7

Make a simple
summer
dessert.

8

Enjoy
a picnic.

9

Try a recipe you've
been meaning to
make all summer.

10

Eat a meal
outdoors.

11

Finish a book
you've been
enjoying.

12

Have a
screen-free
hour.

13

Enjoy an
unhurried
morning.

14

Sit somewhere
comfortable
and simply
rest.

15

Listen to music
without
multitasking.

16

Take photographs
of ordinary
summer
moments.

17

Make a list of
your favourite
memories from
this summer.

18

Write about
a day you'd like
to remember.

19

Record your
current
favourites.

20

Create a simple
summer
scrapbook
page.

21

Share a meal
with people
you love.

22

Invite someone
for tea.

23

Have a
conversation
without
distractions.

24

Look through
old family
photographs.

25

Spend quality
time together
outdoors.

26

Declutter one
small area of
your home.

27

Think about
what you want
more of this
autumn.

28

Reflect on what
has worked well
this summer.

29

Write down one
gentle intention
for September.

30

Light a candle
in the
evening.

31

Watch the sunset
and thank summer
for its gifts.



*May your August
be filled with golden days,
simple pleasures and moments
that stay with you long after
summer fades.*

