



OCTOBER *Comforts*

31 SIMPLE WAYS TO COSY UP
YOUR DAYS THIS OCTOBER

*Gentle invitations to slow down, welcome the
season of harvest and hearth, and find
comfort in the little things.*



WARM & COSY



Create warmth,
comfort and
simple pleasures.



HARVEST & SEASON



Celebrate the
abundance of
autumn.



HOME & HYGGE



Make your home
a haven for
the season.



SPOOKY & FUN



Enjoy a little
Halloween magic
and mischief.



REST & REFLECT



Take time to pause,
reflect and be
thankful.



CONNECTION



Share moments
of comfort with
others.



1
Light a candle
before sunset.



2
Make a mug of
something
warm and
savour it.



3
Bake something
with apples.



4
Go for an
autumn walk
and take in the
crisp air.



5
Bring home
something
seasonal.



6
Watch the rain
from indoors
with a blanket.



7
Enjoy soup
for dinner.



8
Read a book
that feels
perfect for
this season.



9
Decorate
your home
with touches
of autumn.



10
Make a spiced
drink and
enjoy slowly.



11
Visit a local
farm shop,
market or
orchard.



12
Carve or
decorate
a pumpkin.



13
Collect leaves,
pinecones
or conkers.



14
Write down
three things
you're grateful
for today.



15
Light a fire
or enjoy
fairy lights
in the evening.



16
Make time
for a cosy
movie night.



17
Try a new
autumn
recipe.



18
Enjoy a slow
morning
without
rushing.



19
Donate
something
to help others.



20
Make toffee
apples or
a Halloween
treat.



21
Spend time
with someone
who makes
you smile.



22.
Create a cosy
reading
corner.



23
Enjoy the smell
of baking in
your home.



24
Look up at the
night sky and
spot the stars.



25
Make a list of
your favourite
autumn
things.



26
Go on a nature
walk and notice
the changing
trees.



27
Enjoy hot
chocolate
with cream
or marshmallows.



28
Tell a spooky
story or watch
one together.



29
Enjoy a long,
relaxing bath
with a candle.



30
Do something
creative just
for fun.



31
Celebrate
Halloween in
your own
special way.



*May your October be filled
with cosy comforts, golden days
and moments that make
this season magical.*



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JOURNALING REFLECTIONS

GENTLE PROMPTS TO
SLOW DOWN & FIND COMFORT

*Take a moment to pause, breathe and
reflect on this season of harvest, warmth
and cozy moments.*



What are you most looking forward to enjoying this October?



What brings you the most comfort and coziness this time of year?



How do you want to care for yourself this month?



What parts of autumn are you most grateful for?



What activities or simple pleasures make your days feel slower and sweeter?



What dreams, ideas or projects would you like to nurture this season?



What would you like to let go of to make space for more peace?



Who are the people you want to spend more time with this month?



What moments or memories from this month do you want to hold onto?



What intentions will help you create a meaningful and nourishing October?



A LITTLE NOTE TO YOUR FUTURE SELF

