



Our Little House
IN THE COUNTRY

An October Comfort List

LITTLE IDEAS FOR MAKING ORDINARY
AUTUMN DAYS FEEL ESPECIALLY LOVELY

*This isn't
a to-do list.*

These are just ideas
that might inspire you.
Pick a few, borrow
an idea, change it
completely – or simply
enjoy the list.

Something to bake or make

- ✦ Bake an apple crumble and eat it warm.
- ✦ Make a batch of cinnamon scones.
- ✦ Put a pot of soup on for a slow afternoon.
- ✦ Make something you haven't baked since last autumn.
- ✦ Cook a favourite dinner simply because it's comforting.



Something warm to drink

- ✦ Make hot chocolate with all the extras.
- ✦ Brew a pot of tea instead of making a quick cup.
- ✦ Warm some apple juice with cinnamon and spices.
- ✦ Make your favourite coffee and actually sit down to drink it.
- ✦ Take something warm outside on a crisp afternoon.



Something to read or watch

- ✦ Rewatch a film you associate with autumn.
- ✦ Start the series you've been saving for darker evenings.
- ✦ Pick something spooky – but only as spooky as you actually enjoy!
- ✦ Read an old favourite again.
- ✦ Have an evening where watching something is the plan, not what you do while doing five other things.



Somewhere to walk

- ✦ Walk somewhere the leaves are particularly beautiful.
- ✦ Revisit a familiar walk you haven't taken for a while.
- ✦ Go out just before dusk and watch the light change.
- ✦ Take a slow Sunday walk with nowhere else to be.
- ✦ Walk somewhere with the promise of coffee afterwards.



Something to do at home

- ✦ Put lamps and candles on before the room gets properly dark.
- ✦ Change the bed and enjoy ridiculously fresh sheets.
- ✦ Bring a few autumn branches or leaves indoors.
- ✦ Spend an hour pottering without turning it into a project.
- ✦ Make one corner of the house especially cosy for the darker evenings.



Someone to spend time with

- ✦ Invite someone over for tea without making it an "occasion".
- ✦ Phone somebody you've been meaning to catch up with.
- ✦ Cook a favourite meal for the people you love.
- ✦ Arrange a simple coffee or autumn walk with a friend.
- ✦ Have an ordinary evening together with phones put away.



Something just for me

- ✦ Take an unnecessarily long shower or bath and put your pyjamas on early.
- ✦ Give yourself an hour in which you don't have to be productive.
- ✦ Buy or pick a little bunch of seasonal flowers.
- ✦ Do something you enjoy but are usually "too busy" for.
- ✦ Go somewhere alone simply because you like being there.



A little autumn ritual

- ✦ Light the first fire of the season.
- ✦ Make a proper Sunday dinner after a long walk.
- ✦ Visit somewhere you return to every autumn.
- ✦ Carve a pumpkin – whether there are children in the house or not.
- ✦ Mark the end of the day by putting the lamps on, making something warm and settling in.



You don't need to do them all.

Choose what sounds good, borrow an idea, change it completely – or simply let this list remind you that comfort can be very ordinary.

Something to look forward to

- ✦ Plan one lovely thing for later in October.
- ✦ Choose something special to cook next weekend.
- ✦ Arrange a walk, coffee or lunch with someone you enjoy.
- ✦ Save a film, recipe or little outing for a dark autumn evening.
- ✦ Put something completely ordinary in the diary that you're genuinely pleased to see coming.





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My October Comfort List

MY IDEAS FOR MAKING ORDINARY
AUTUMN DAYS FEEL ESPECIALLY LOVELY

HOW TO USE THIS PAGE

- 1 Look at the ideas on the first page.
- 2 Choose the ones that appeal to you (or use your own ideas).
- 3 Write them into each section below.
- 4 Keep it somewhere visible and let it make your autumn days feel lovely.

Something to bake or make



Something warm to drink



Something to read or watch



Somewhere to walk



Something to do at home



Someone to spend time with



Something just for me



A little autumn ritual



Something to look forward to


