

# Mindfulness Challenge, Fall into the Present

## fall Mindfulness Ideas

WEEK #1

Have a soup night

Go for a walk or hike in nature

Buy a new cozy sweater

Create a fall blend with essential oils to diffuse

Visit a festival

Clean out closets and donate

Take a nap in the middle of the day

Decorate your home for fall

Get a pedicure or manicure (pick a fall color polish)

Go to a pumpkin patch

Write down which fall idea you chose:

What drew you to choose this idea?

Had you done this before? If so, what was different about it this time?

Did any part of your experience bring you uneasiness? (If so, write down your experience)

What brought you joy and peace? What things did you marvel at? What made you smile?