



Complete as self care, a spouse challenge or with your family.

- 1. Let autumn teach you the art of letting go
- 2. Host a "fall fondue" gathering
- 3. Paint glow-in-the-dark pumpkins
- 4. Go on a scenic drive with your spouse + kids
- 5. "Boo" your neighbors with baked goods
- 6. Forgive someone or something you've been holding onto
- 7. See who can find the most unique pumpkin at the patch
- 8. Make a new fall recipe together (www.dashingdish.com)
- 9. Rake leaves + jump in them (no matter your age)
- 10. Camp in your backyard with no technology
- 11. Go apple picking
- 12. Make apple pie together
- 13. Help elderly neighbor rake leaves
- 14. Find fresh donuts at a cider mill + devour
- 15. Create a "thankful" jar from now Thanksgiving
- 16. Plan a family chili-cook off
- 17. Make leaf imprints
- 18. Preserve leaves with wax paper + an iron
- 19. Roast marshmallows over campfire
- 20. Discover a scripture about new beginnings