



# Fall self-care bundle





# Fall Self-Care Bingo



DRINK TEA, WHILE READING A BOOK	TAKE A NAP	LIGHT A FALL- SCENTED CANDLE	DECLUTTER ONE SMALL SPACE IN YOUR HOME	WATCH YOUR FAVORITE MOVIE
TRY A GUIDED MEDITATION	DO A 20- 30 MINUTE YOGA SESSION	TRY A NEW SOUP RECIPE	SPEND 15 MINUTES IN THE SUNSHINE	HAVE A "NO- SCREENS" HOUR BEFORE BED
CALL OR TEXT A FRIEND	VISIT A FARMERS MARKET	Free  Space	JOURNAL FOR 15 MINUTES	MAKE A FALL BUCKET LIST
SEND A HAND- WRITTEN CARD OR LETTER	VOLUNTEER FOR A SEASONAL COMM- UNITY EVENT	MAKE A FALL CRAFT	VISIT A PUMPKIN PATCH	START A FALL PLAYLIST
WRITE IN A GRATITUDE JOURNAL	TRY A NEW FALL DRINK	SAY NO TO SOMETHING	MAKE A FALL VISION BOARD	COOK SOMETHING PUMPKIN- FLAVORED



# Fall Self-Care Calendar

- Bake a little time into each day to do something for you. Write it down below to make it "calendar official."



●	●	●	●	●	●	●
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# Fall Goals Worksheet

goal:

due date:

ACTION ITEMS:

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RESOURCES &  
INSPIRATION:

PROGRESS NOTES:

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✓ This goal was accomplished on:

A diagram consisting of three horizontal rows of circles. Each row contains ten circles, for a total of thirty circles. The circles are arranged in a regular grid pattern.

- ☐ HAPPY
- ☐ SAD
- ☐ ANXIOUS
- ☐ RELAXED
- ☐ ANGRY
- ☐ PRODUCTIVE
- ☐ NEUTRAL
- ☐ TIRED
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

NOTES:

This image shows a vertical sheet of white paper designed for handwriting practice. It features ten sets of horizontal dashed lines spaced evenly down the page. At the bottom right corner, there is a small, colorful illustration of a cartoon pencil character with a face, arms, and legs, holding a piece of paper. The pencil is orange with a pink eraser and a blue band.A 3x10 grid of circles, arranged in three rows and ten columns. The circles are empty and intended for a dot marker activity.A 3x10 grid of circles, arranged in three rows and ten columns. The circles are empty and intended for a dot marker activity.

This season's most popular mood was: ○

THOUGHTS:

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# 30-Day Wellness Challenge

month:

- |   |   |
|---|---|
| <input type="radio"/> Go for a walk                               | <input type="radio"/> Try a walking meditation      |
| <input type="radio"/> Stretch                                     | <input type="radio"/> Say "yes" to something        |
| <input type="radio"/> Stay off social media today                 | <input type="radio"/> Journal before bed            |
| <input type="radio"/> Journal first thing in the AM               | <input type="radio"/> Lift weights for 15 minutes   |
| <input type="radio"/> Go to bed 15 minutes earlier                | <input type="radio"/> Take a bath                   |
| <input type="radio"/> Eat something with fall flavors             | <input type="radio"/> Listen to a fall playlist     |
| <input type="radio"/> Treat yourself to something                 | <input type="radio"/> Volunteer                     |
| <input type="radio"/> Create something new                        | <input type="radio"/> Create a new affirmation      |
| <input type="radio"/> Start a dream journal                       | <input type="radio"/> Make a fall vision board      |
| <input type="radio"/> Watch a sunset                              | <input type="radio"/> Clean a space in your home    |
| <input type="radio"/> Do a random act of kindness                 | <input type="radio"/> Make a "from scratch" meal    |
| <input type="radio"/> Watch a new show                            | <input type="radio"/> Put some money in savings     |
| <input type="radio"/> Call a friend                               | <input type="radio"/> Buy a new plant               |
| <input type="radio"/> Go to the library                           | <input type="radio"/> Eat something delicious       |
| <input type="radio"/> Make a smoothie with something orange in it | <input type="radio"/> Decorate a space in your home |

# Habit Tracker

month:

A circular habit tracker with a pumpkin in the center. The outer ring is numbered 1 to 31. The inner rings are divided into four concentric circles, each with 31 segments corresponding to the days of the month.



# 30 Days of Gratitude

month:

1

2

3

4

5

6

7

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31

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*"Gratitude is the sign of noble souls." - Aesop*

CarrieElle.com



# Fall Cleaning Checklist



## Self

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## Home

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Need help? Check out the [Carrie Elle 30-Day Declutter Challenge!](#)

# Fall Journaling Prompts

What does “wellness” mean to me right now?

How do I want to feel this fall?

What are 3 things I want to let go of this season?

What does my ideal fall day look like?

What brings me peace when life feels chaotic?

What’s something I’ve done recently that I’m proud of?

What’s one small thing I can do today to care for myself?

How do I recharge when I feel drained?

What’s a boundary I need to set for my well-being?

What’s one fear I’d like to release this season?

How can I invite more joy into my daily routine?

What am I currently avoiding and why?

What habits make me feel most like myself?

What are 5 things I’m grateful for today?

Who in my life brings out the best in me?

How do I speak to myself when I make a mistake?

What’s one area of my life I want to grow in?

What does rest look like for me (and do I allow myself enough of it)?

What’s something I want to try or experience this season?

When do I feel most confident and alive?

What’s something I need to hear today?

What’s a past version of me I’ve outgrown—and what did I learn from her?



# Fall Journaling Prompts

How do I show love to myself?

What does a balanced life look like to me?

What am I clinging to that no longer serves me?

What's a summer memory I want to create this year?

What's one way I can slow down and savor the moment today?

What's one thing I want to stop apologizing for?

What's my favorite way to express myself creatively?

What am I learning about myself this season?



# Fall Journaling



# Fall Reflection

What did this fall bring into my life?

How did fall feel? What do I need to let  
go of for winter?





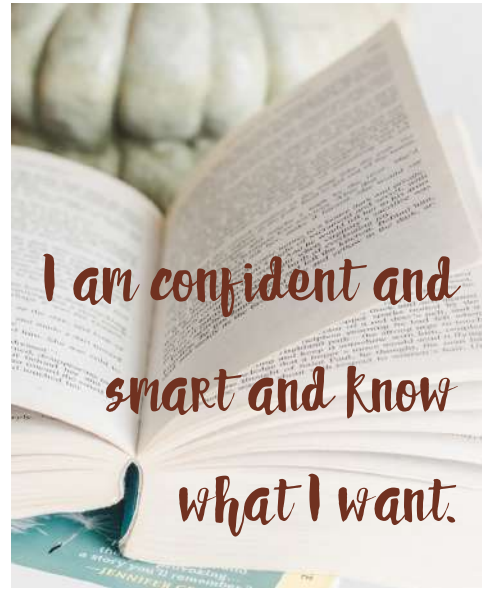
I embrace the peaceful  
energy of fall  
with an open heart.



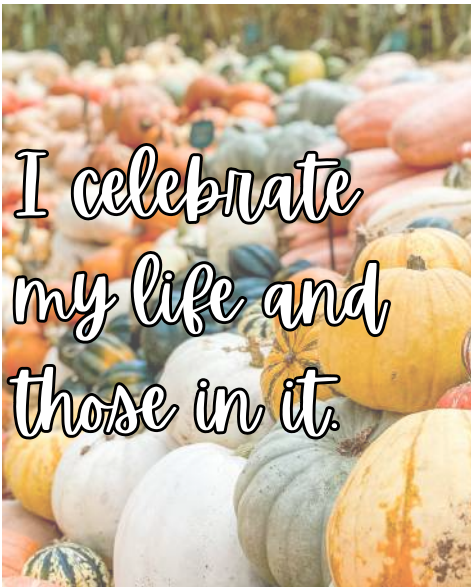
I allow  
myself  
to be me.



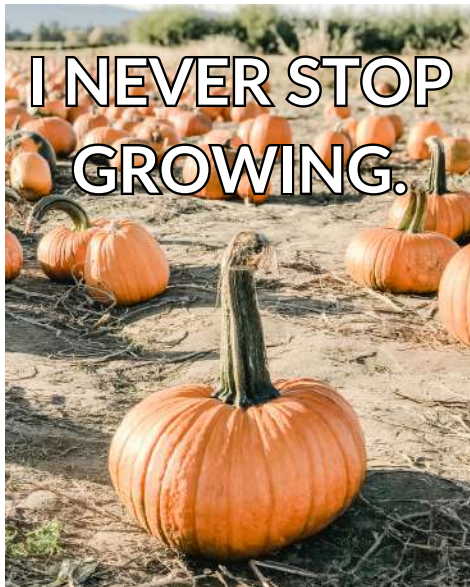
I am confident and  
smart and know  
what I want.



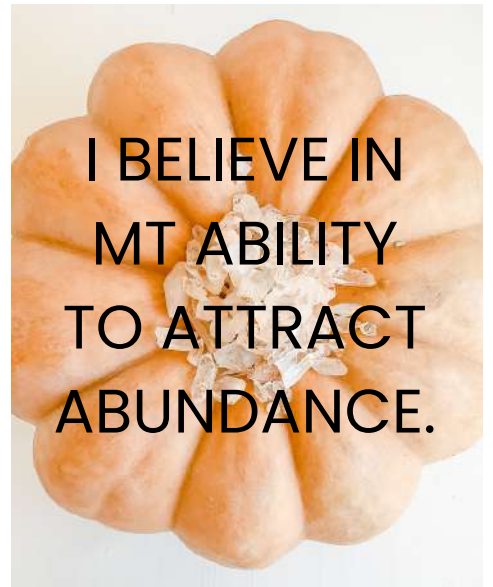
I celebrate  
my life and  
those in it.



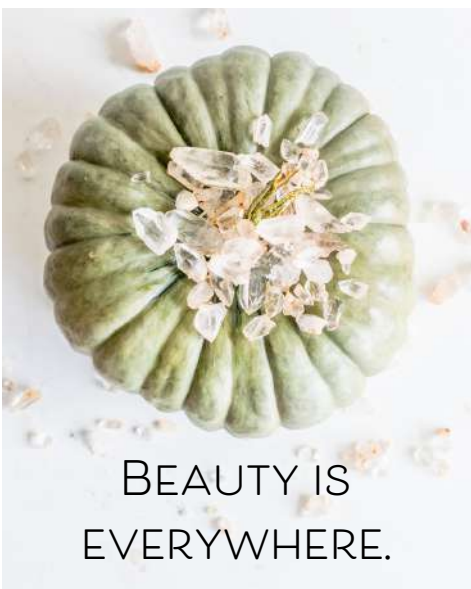
I NEVER STOP  
GROWING.



I BELIEVE IN  
MY ABILITY  
TO ATTRACT  
ABUNDANCE.



BEAUTY IS  
EVERYWHERE.



i am.



I will wait for  
what I want.  
I will not  
settle.

