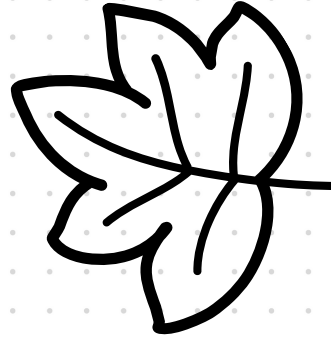
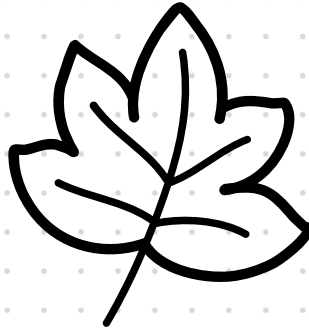
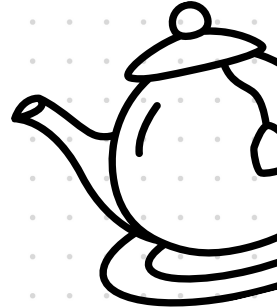
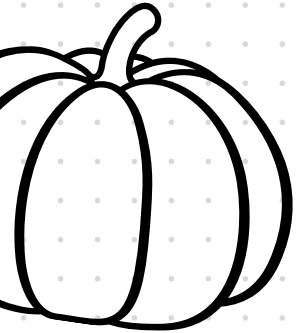




Autumn Journal



Autumn
autumn
Journal

September



M	T	W	T	F	S	S

To Do:

Notes:

October



M	T	W	T	F	S	S

To Do:

Notes:

November



M	T	W	T	F	S	S

To Do:

Notes:

Month at a Glance

September

M T W T F S S

Goals:

Appointments:

Events:

To Do List:

Notes:

Month at a Glance



October

M T W T F S S

Goals:

Appointments:

Events:

To Do List:

Notes:

Month at a Glance



November

M T W T F S S

Goals:

Appointments:

Events:

To Do List:

Notes:

September



M T W T F S S

Goals:

m o n d a y

T u e s d a y

w e d n e s d a y



Notes:

Priorities:

Thursday

Friday

Weekend

October



Goals:

M T W T F S S

m o n d a y

T u e s d a y

w e d n e s d a y



Notes:

Priorities:

Thursday

Friday

Weekend

November



M T W T F S S

Goals:

m o n d a y

T u e s d a y

w e d n e s d a y



Notes:

Priorities:

Thursday

Friday

Weekend

Monthly Review

stars

Health



Mind



Productivity



Social life



Finances



Overall



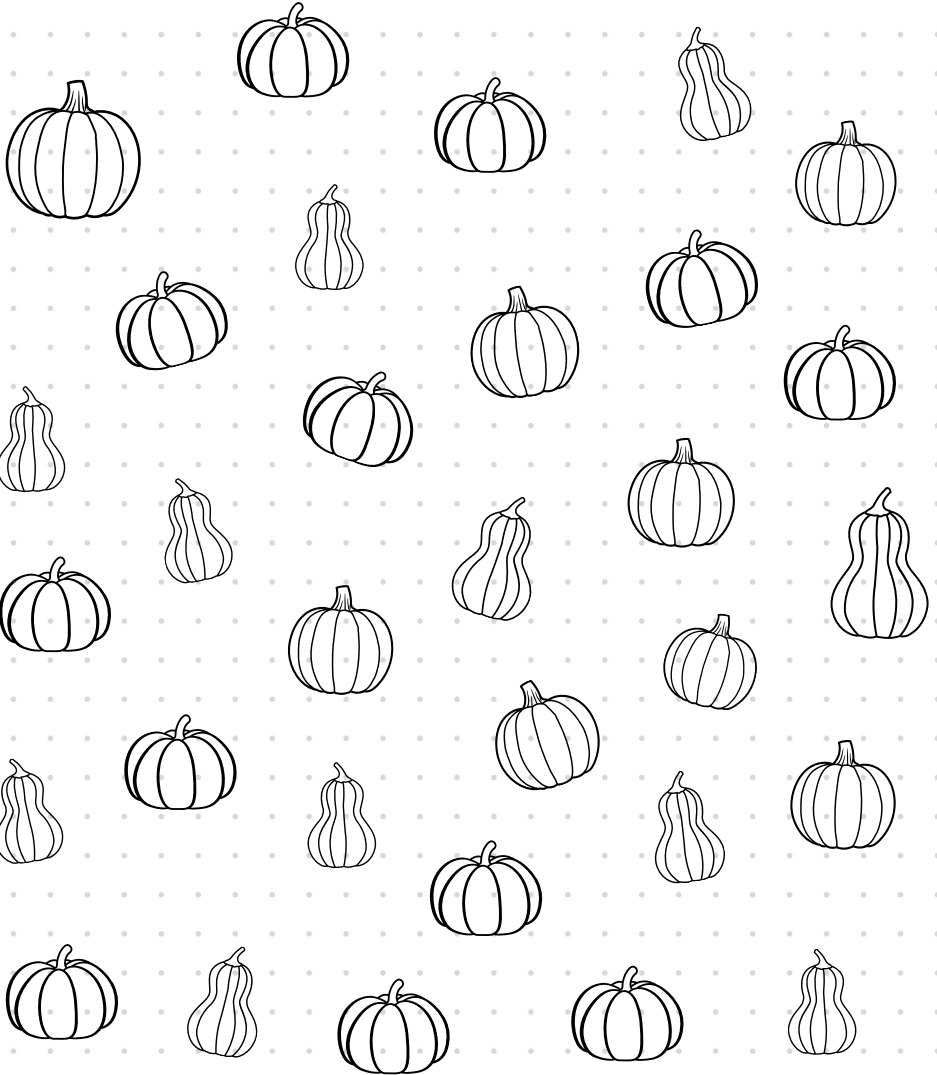
goals

memories

challenges

Next Month

Mood Tracker



☐ Happy ☐ Excited ☐ Content ☐ Sad ☐ Anxious ☐ Angry

Mood Tracker



Happy



Excited



Content



Sad

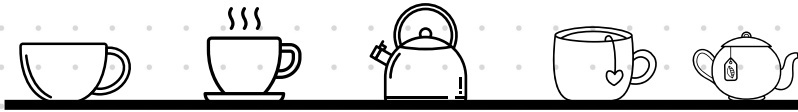


Anxious



Angry

Mood Tracker



☐ Happy ☐ Excited ☐ Content ☐ Sad ☐ Anxious ☐ Angry

Autumn Bucket List

- ☐ Go apple picking



- ☐ Read a book



- ☐ Collect colourful autumn leaves



- ☐ Try out a new hobby

- ☐ Have a pumpkin flavoured drink



- ☐ Burn a fall candle



- ☐ Have a cozy bonfire with friends or family



- ☐ Wear your favourite cozy sweater



- ☐ Go on a nature walk



- ☐ Treat yourself



- ☐ Visit a fall faire



- ☐ Knit or crochet a scarf



- ☐ Assemble a puzzle



- ☐ Try a new autumn recipe



- ☐ Journaling



- ☐ Visit a local market



- ☐ Make or buy fuzzy socks



- ☐ Donate



- ☐ Bake your favourite autumn treat

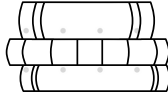


Autumn Bucket List

- ☐ Go apple picking



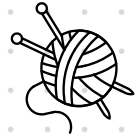
- ☐ Read a book



- ☐ Collect colourful autumn leaves



- ☐ Try out a new hobby



- ☐ Have a pumpkin flavoured drink



- ☐ Burn a fall candle



- ☐ Have a cozy bonfire with friends or family



- ☐ Wear your favourite cozy sweater



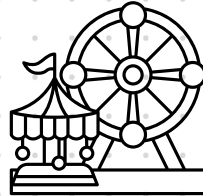
- ☐ Go on a nature walk



- ☐ Treat yourself



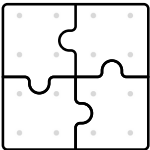
- ☐ Visit a fall faire



- ☐ Knit or crochet a scarf



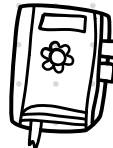
- ☐ Assemble a puzzle



- ☐ Try a new autumn recipe



- ☐ Journaling



- ☐ Visit a local market



- ☐ Make or buy fuzzy socks



- ☐ Donate

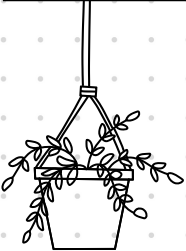


- ☐ Bake your favourite autumn treat



Self-Care Bingo

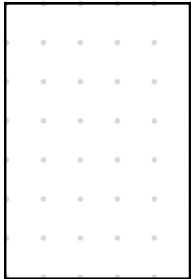
Take a warm bath	Walk in nature	Read a book	Visit a local market	Declutter space
Call a friend	Cook a meal	Try a hobby	Breathe in crisp fall air	Digital detox
Bake a seasonal treat	Skincare		Stretch	Wear your favorite sweater
Drink warm tea or cocoa	Nap or rest	Kind act	Release worries	Relax in a cozy blanket
Deep breathing	eat you Favorite snack	Celebrate success	Try an Autumn recipe	Have Breakfast



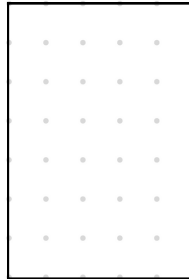
Gratitude Journal

1	
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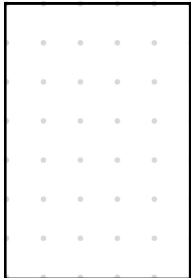
Cozy Reading List



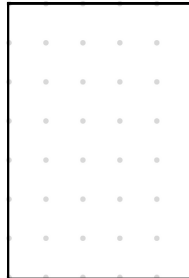
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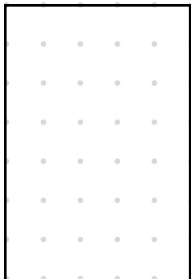
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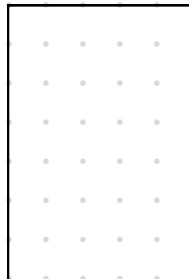
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Comments: _____



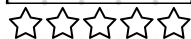
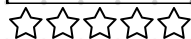
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Genre: _____
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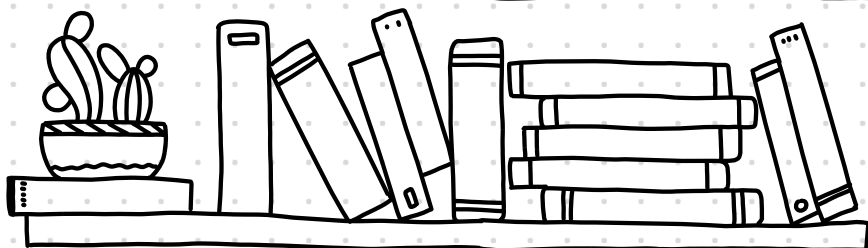
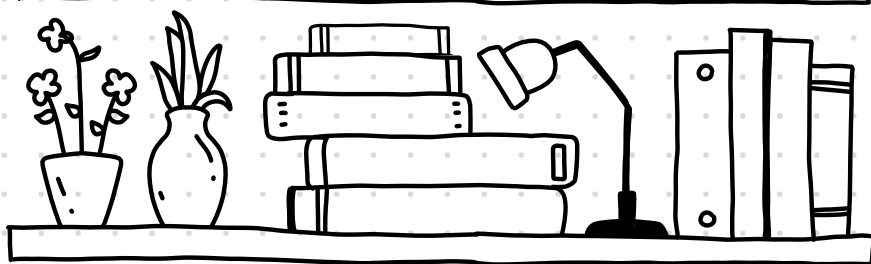
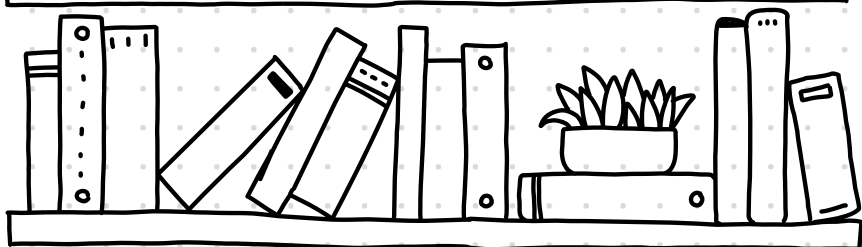


Cozy Reading List

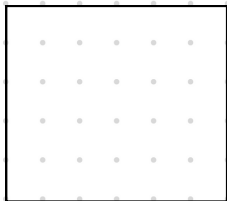
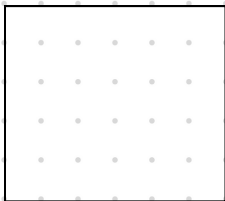
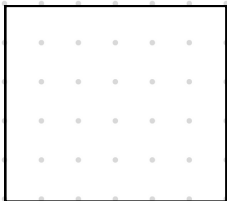
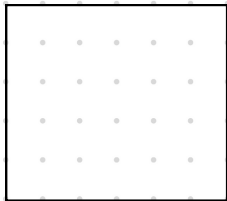
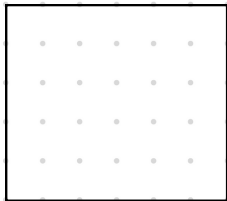




My Library



Podcast Tracker



Autumn Recipe

Recipe Name: _____

Review



Servings: _____

Prep Time: _____

Cooking Time: _____

Cooking Temp: _____

Ingredients

Directions

☐ Vegetarian

☐ Vegan

☐ Dairy Free

☐ Gluten Free

☐ Low Carb

Goal Planner

Start date:

Finish date:

Goal

Goal progress:

0%



100%

Action steps

Possible obstacles

Rewards

Things to Try

☐☐☐☐☐☐☐☐☐☐☐☐☐☐