

## STEP INTO FALL ~ JOYFULLY

---

THIS FALL I MOST WANT TO FEEL:

- - 
  -
- 

### FALL CHECKLIST

- I have created simplified/capsule wardrobes for myself and my family
- I have a home-management routine in place (cleaning, food prep, bill paying, etc.)
- I have a clear and concrete plan for self-care and mental-wellness in place (including necessary supplements)
- I have worked through my “Just let it go” worksheet to ditch the unnecessary clutter, expectations or habits that no longer serve me
- I have created a master menu plan of 5 quick, simple, healthy meals (and lunch ideas or snacks) to fall back on
- I have crafted a detailed, realistic weekly schedule and shared it with all concerned

