



FALL SELF-CARE RESET CHECKLIST

Use this checklist to align your body, mind, and spirit with the rhythm of the autumn season. These simple, daily practices will help you feel grounded, nourished, and spiritually renewed.

Body

- ☐ Enjoy a daily walk in the crisp air

Reflection: _____

- ☐ Eat seasonal produce: squash, root vegetables, dark leafy greens

Reflection: _____

- ☐ Drink herbal infusions like nettle, cinnamon, or ginger

Reflection: _____

- ☐ Practice dry brushing before bathing

Reflection: _____

- ☐ Support immunity with Young Living Vitality oils (Thieves, Lemon, Frankincense)

Reflection: _____

Mind

- ☐ Limit screen time in the evening

Reflection: _____

- ☐ Dim lights after sunset to support natural melatonin production

Reflection: _____

- ☐ Journal your thoughts and intentions for the season

Reflection: _____

- ☐ Read or listen to uplifting books or podcasts

Reflection: _____

Spirit

- ☐ Read and reflect on Scripture daily

Reflection: _____

- ☐ Keep a gratitude journal

Reflection: _____

- ☐ Offer acts of kindness and generosity

Reflection: _____

- ☐ Set aside quiet time for prayer or meditation

Reflection: _____

WARMING SPICED IMMUNITY TEA RECIPE

- 1 cup hot water
- 1 tsp raw honey
- 1 drop Young Living Thieves Vitality essential oil
- 1 drop Young Living Lemon Vitality essential oil

Stir well and sip slowly.