

# Fall Self Care List

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-Grab a blanket and cozy up to read a book.



-Create a Fall eyeshadow look



-Pop Popcorn and find a Fall Halmark movie to watch.



-Visit a corn maze or a pumpkin patch.



-Make a bowl of soup

-Do a random act of kindness

-Go on a drive to see the fall leaves

-Make a gratitude list of 20 things you are grateful for.



-Try out a new hobby.

-Light a fall candle



-Have a cup of hot chocolate

-Mail a card to someone you love.

