Mini Challenge

Embrace the Pace of Fall

Fall offers a natural reminder to slow down, reflect, and make space for what matters most. Challenge yourself to embrace the calmer pace of the season by completing activities that encourage rest, presence, and intentional living. **Complete 10 activities this month to embrace the pace of fall.**

- [ ] Take a 15-minute walk outdoors and notice the signs of fall.
- [ ] Enjoy a warm beverage without multitasking.
- [ ] Read a book, magazine, or article for 20 minutes.
- [ ] Spend an evening with reduced screen time.
- [ ] Write down three things you're grateful for.
- [ ] Listen to calming music during your commute or break.
- [ ] Take a lunch break away from your desk.
- [ ] Get at least seven hours of sleep.
- [ ] Call or visit someone you enjoy spending time with.
- [ ] Spend 10 minutes stretching or practicing gentle movement.
- [ ] Decline a commitment that exceeds your capacity.
- [ ] Prepare a comforting fall-inspired meal or snack.
- [ ] Take a walk without your phone or other distractions.
- [ ] Spend time on a hobby you enjoy.
- [ ] Eat one meal without screens or distractions.
- [ ] Reflect on one thing you can let go of this month.
- [ ] Write a note of appreciation to someone who has made a difference in your life.
- [ ] Make time for an activity simply because it brings you joy.

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