

Cozy Fall Evenings at Home

1 Think of past autumns and make a list of your all-time favorite three memories.	2 Make a cup of hot cocoa and call or message a friend to catch up.	3 Make some popcorn and put on your favorite movie.	4 Put on comfy pajamas and look through photos from last fall.	5 Take a bubble bath with autumn scents (e.g., apple, caramel, vanilla).
6 Have a tea and chocolate tasting.	7 Make pancakes or your favorite breakfast for dinner,	8 Wrap yourself in a blanket and read a new book.	9 Invite some friends over for board games and hot cocoa.	10 Catch up on your favorite TV show.
11 Light an autumn-scented candle and stretch or do some pilates.	12 Try a new cookie recipe.		14 Order takeout from your favorite restaurant or cook your favorite dinner.	15 Put on a fluffy bathrobe and try a face mask.
16 Work on a jigsaw puzzle while listening to your favorite playlist.	17 Bake apples and top them with a scoop of your favorite ice cream.		19 Make s'mores using a s'mores maker or in the oven.	20 Try an autumn cocktail or mocktail recipe.
21 Close your eyes and think of your happiest memory from this year so far.	22 Write down ten things you're grateful for.	23 Make a mini bucket list for the rest of the year.	24 Watch a heartwarming rom-com.	25 Engage in a creative activity (e.g., doodling, scrapbooking).

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