

Micro Adventures

to Try This Fall



..... Ordinary & Happy

Try an apple
or pumpkin snack
or treat you haven't
tried before.

Find a
scenic spot to
watch the sunset
and reflect on the
year.

Try a new coffee
syrup or a new tea
flavor.

Go for a photo
walk on your lunch
break.

Cook a new-to-you
fall dish at home.

Create a cozy nook
at home to relax in.

Find a
nearby park or
botanical garden to
look at fall foliage.

Make hot cocoa
and sip on it while
stargazing.

Have an indoor
picnic on a rainy
day.

Browse books at a
local bookstore and
find one you want to
read.

Try a new fall outfit
at the store.

Attend a live
performance (e.g.,
live music at a cafe,
concert, musical,
ballet).