

Things to **Treat Yourself to** *This Week*

- Pick and Choose -



1

Cozy Socks

2

A Scenic
Autumn Walk

3

Hot Cocoa
Mix

4

A
Fall-Scented
Candle

5

A Screen-Free
Evening

6

Hand Cream

7

A Cute Pen

8

Fresh Flowers

9

A Bubble
Bath & Spa
Evening at
Home

10

A Day Trip

11

A Book

12

Lip Balm

13

A Class or
Experience
(e.g., Pottery,
Fall Festival)

14

A Movie Night
at Home

15

A Fun
Seasonal
Activity

16

An Early
Bedtime