

Early Fall 2022

@abridgedTheBlog

The Early Fall Life-List



NATURE

- 1 > Walk outside 10 minutes
- 2 > Sit in a park for 1 hour
- 3 > Read 1 book chapter in a park with water
- 4 > Walk in a park with trees
- 5 > Drive to a park with a good view
- 6 > Get a new already-in-a-pot plant from the hardware store
- 7 > Visit a state park
- 8 > Visit an urban park
- 9 > Bring home fall leaves to put in a bowl on a table
- 10 > Take a picture of a flower

HOME

- 1 > Pick up for 10 minutes
- 2 > Clean 1 surface
- 3 > Organize 1 cabinet or drawer
- 4 > Dust baseboards in 1 room
- 5 > Find 5 things to give or throw away
- 6 > Wipe down the fridge
- 7 > Vacuum 1 room
- 8 > Dust TV or computer
- 9 > Wash a blanket
- 10 > Buy a small decoration from a local/dollar/thrift store (if you are on a tight budget, take a picture to add to a wishlist)

PHYSICAL/ EMOTIONAL

- 1 > Cook baked potatoes in the oven
- 2 > Cook an easy squash recipe in the oven
- 3 > Write a positive affirmation and post it where you will see it every day
- 4 > Eat some fruit or melon slices
- 5 > Drink only water or juice for 1 day
- 6 > Eat a couple carrot sticks before dinner
- 7 > Unsubscribe to 1 advertising email
- 8 > Have a real-fruit popsicle
- 9 > Put on real clothes on a day you don't need to
- 10 > Read 1 chapter of a book that talks about emotional health/leadership/goalsetting

LEARN & CREATE

- 1 > Name and write down any strong feelings, and what might have contributed to them
- 2 > Attempt to knit a hand towel or scarf
- 3 > Frame a picture and display it
- 4 > Paint a canvas
- 5 > Download the Libby or Hoopla App
- 6 > Read/listen to 1 chapter of a non-fiction book
- 7 > Take pictures of architectural details downtown
- 8 > Sing a song. Out loud.
- 9 > Put 5 songs on a new playlist on spotify/youtube
- 10 > Put on a quiet song and stretch while it is playing

SPIRITUAL

- 1 > Read one of the Gospels for 10 minutes
- 2 > Attend an in-person church service
- 3 > Watch an online church service
- 4 > Drop-in to a Bible Study (Sunday School, BSF, WBS)
- 5 > Pray at a Prayer Garden or Columbarium greenspace
- 6 > Write down a favorite verse and put it on the fridge
- 7 > Read 1 chapter or lesson of a Bible Study book
- 8 > Pray for someone on the church prayer list
- 9 > Ask someone about an org or ministry they spend time in (it's okay if it isn't a good fit for you, the goal is listening/supporting, not necessarily joining)
- 10 > Pray before eating, even if you are eating alone at home

SOCIAL

- 1 > Go for a picnic with a friend
- 2 > Play a board or card game with someone
- 3 > Write and mail postcard to someone
- 4 > Text someone a picture of something you saw today
- 5 > Meet a friend for coffee
- 6 > Email someone an old picture of a time you were together
- 7 > Speak to a stranger at the store
- 8 > Give a small gift to a neighbor or friend
- 9 > Find a TV show you have in common with someone text each other when you watch it
- 10 > Ask a friend to share their favorite happy song