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**AUTUMN RESET:
REFRESH YOUR LIFE AND
HOME FOR A COZY,
FULFILLING FALL**

SECONDACTINSPIRATION.COM

Welcome to Your Fall Renewal Journey! 🍁

Thank you for downloading my free resource! I'm so excited to help you embrace this season of change and growth. Fall is the perfect time for fresh beginnings—both in your home and within yourself.

Use this guide to spark new ideas, refresh your space, and start the next chapter with intention and inspiration. Wishing you a season filled with transformation and joy!

Jackie





GUIDED REFLECTION EXERCISE: EMBRACING CHANGE THROUGH REFLECTION

This exercise is designed to help you reflect on the past year, recognize your growth, and set the stage for positive change as you enter the fall season.

Materials Needed:

- A journal or notebook
- A pen or pencil
- A quiet, comfortable space



Instructions

1. Find Your Space:

- Set aside 20-30 minutes in a quiet, comfortable place where you won't be disturbed. Light a candle, play soft music, or do whatever helps you relax.

2. Ground Yourself:

- Begin by taking a few deep breaths. Hold for a moment to inhale deeply through your nose, then exhale slowly through your mouth. Repeat this process three times, allowing your mind to clear and your body to relax.

3. Reflect on the Past Year:

- Think about the past year. What experiences, challenges, and joys stand out to you? Reflect on your growth, both personally and professionally.
- In your journal, write down your thoughts in response to the following prompts:

Reflection Prompts



Prompt 1

- What were your most significant achievements over the past year?

Prompt 2

- What challenges did you face, and how did you overcome them?

Prompt 3

- What did you learn about yourself during these experiences?

Reflection Prompts



Prompt 4

- How have your values, priorities, or goals shifted in the past year?

Prompt 5

- What brought you the most joy, and what drained your energy?

SET YOUR INTENTIONS FOR FALL:

- Based on your reflections, set three clear intentions for the fall season. These intentions should align with the changes you want to make and the growth you want to experience.
- Write your intentions in your journal and keep them in a place where you can review them regularly.

Examples of Intentions:

- This fall, I intend to focus on my health by incorporating daily movement into my routine.
- I will embrace creativity by dedicating time each week to my writing or art.
- I will strengthen my relationships by being more present and intentional with my loved ones.



Closing Reflection:

End the exercise with a moment of gratitude. Below, reflect on what you're grateful for as you enter this new season. Write down three things you're thankful for right now.

Final Thought:

Reflection is a powerful tool for growth and transformation. Reflecting on your journey, you can embrace the changes this season brings with clarity, intention, and purpose.

Below, set 3 specific intentions for the fall that align with personal goals, values, and desires for the second act.



IDENTIFY AREAS FOR CHANGE

Reflect on the areas of your life where you feel the need for change or growth. Consider what aspects of your life you want to focus on this fall.

What areas of your life need the most attention or change?

What new habits, routines, or practices would support your goals and values?

What would make this fall season feel successful and fulfilling for you?



Visualize Your Success

Take a moment to visualize yourself successfully living out these intentions. Picture how your life will change and how you will feel as a result. Write down your vision:

My Vision for Fall:

FALL HABIT TRACKER: STAY CONSISTENT WITH YOUR NEW HABITS

This habit tracker is designed to help you monitor your progress and stay consistent with the new habits you want to cultivate this fall. Whether you're focusing on health, creativity, mindfulness, or learning, tracking your habits can keep you motivated and accountable.

Instructions:

- **Identify Your Habits:** Start by choosing 3-5 habits you want to focus on this fall. These could be daily, weekly, or even monthly habits related to your goals.
- **Set Your Goals:** Determine how often you want to complete each habit (e.g., daily, 3 times a week, once a month).
- **Track Your Progress:** Each day, mark off the habits you complete. Review your progress at the end of each week to see how you're doing.



FALL HABIT TRACKER: STAY CONSISTENT WITH YOUR NEW HABITS

Sample Habits to Track:

- Health: Daily walk, drinking 8 glasses of water, stretching
- Creativity: Journaling, painting, writing
- Mindfulness: Meditation, gratitude practice, deep breathing exercises
- Learning: Reading, taking an online course, practicing a new skill



Tips for Success:

- Start Small: Begin with a manageable number of habits, and focus on consistency rather than perfection.
- Celebrate Wins: Acknowledge your progress, no matter how small.
- Adjust as Needed: If a habit isn't working for you, don't be afraid to tweak it or replace it with something more meaningful.

By consistently tracking your habits, you'll build momentum and see the positive changes you're working toward this fall.

Habit
Goal

Habit 1: _____

Habit 2: _____

Habit 3: _____

Habit 4: _____

Habit 5: _____

Weekly Reflection:

• Week 1 Review:

◦ Wins:

◦ Challenges:

• Week 2 Review:

◦ Wins:

◦ Challenges:

• Week 3 Review:

◦ Wins:

◦ Challenges:

• Week 4 Review:

◦ Wins:

◦ Challenges:

• Week 5 Review (if applicable):

◦ Wins:

◦ Challenges:

EXERCISE: CONNECTING WITH NATURE AND FINDING INSPIRATION

This exercise is designed to help you reconnect with nature and find inspiration in the beauty of the fall season. Spending time outdoors and engaging with your surroundings can refresh your mind, spark creativity, and gain a renewed sense of peace and purpose.

Materials Needed:

- Comfortable walking shoes or outdoor gear
- A notebook or journal
- A pen or pencil
- A camera or smartphone (optional)

STEP 1: CHOOSE YOUR SETTING

- Select a natural setting where you can spend at least 30 minutes. This could be a local park, a nature trail, a garden, or even your backyard.
- If possible, choose a time when the light is soft and calming, such as early morning or late afternoon.

STEP 2: GROUND YOURSELF IN THE PRESENT MOMENT

- Before you begin your walk, take a few deep breaths. Close your eyes and focus on the sensation of the air filling your lungs and the feeling of your feet on the ground.
- As you exhale, release any stress or distractions, and set an intention to be fully present during this experience.

STEP 3: CAPTURE MOMENTS OF INSPIRATION

- As you explore, be open to moments that inspire you. It could be a beautiful view, an interesting tree, or a fleeting moment of wildlife.
- Take a photo, make a quick sketch, or simply describe the scene in your notebook.
- Write down any thoughts, ideas, or feelings that arise as you immerse yourself in nature. This could be a poem, a reflection, or even a new idea for a project.

STEP 4: ENGAGE YOUR SENSES

- As you walk, pause frequently to engage your senses. Focus on what you see, hear, smell, touch, and even taste if appropriate.
- Sight: Notice the colors, shapes, and patterns around you. Observe the way the light plays on leaves or how the shadows shift.
- Sound: Listen to the rustling of leaves, the chirping of birds, or the sound of the wind. Try to identify the different sounds you hear.
- Smell: Take in the scents of the season, whether it's the crispness of the air, the earthiness of fallen leaves, or the fragrance of flowers or trees.
- Touch: Feel the textures of nature—run your fingers along the bark of a tree, dip your hand in a stream, or pick up a smooth stone.
- Taste: If appropriate, taste something that nature offers, like a fresh apple, herbs, or a seasonal fruit.

STEP 5: REFLECT ON YOUR EXPERIENCE

- After your walk, find a quiet spot to sit and reflect. Use the following prompts to guide your thoughts:
- What did you notice in nature that you hadn't seen before?
- How did connecting with nature make you feel?
- What inspiration did you find, and how can you bring it into your daily life?
- Did any new ideas, insights, or creative thoughts come to you during the walk?

STEP 6: INTEGRATE NATURE'S INSPIRATION INTO YOUR LIFE

- Consider how you can incorporate the inspiration you found into your daily routine. This might mean spending more time outdoors, starting a new creative project, or simply bringing more mindfulness into your everyday life.
- Set a small goal or intention based on your experience, such as taking a nature walk once a week, starting a nature journal, or using natural elements in your home décor.

Final Thoughts:

Nature offers a wellspring of inspiration, peace, and clarity. By taking time to connect with the natural world, you can refresh your mind, spark your creativity, and feel more grounded in your second act. Let the beauty of the season inspire you to embrace change, find joy in the present moment, and pursue your passions with renewed energy.



Tips for Curating Your Fall Wardrobe:

- **Color Palette:** Choose a color palette that complements your skin tone and can be mixed and matched easily. Fall colors like burgundy, mustard, olive, and navy work well with neutrals like black, gray, and cream.
- **Layering:** Focus on layering pieces that can be mixed and matched to create a variety of looks. This allows you to transition from warmer days to cooler evenings seamlessly.
- **Quality Over Quantity:** Invest in a few high-quality pieces that will last, rather than accumulating a large number of items that may wear out quickly.
- **Personal Style:** Make sure your wardrobe reflects your personal style and comfort. Don't be afraid to add a few statement pieces that make you feel confident and uniquely you.

Wardrobe Checklist: Essential Pieces for a Versatile Fall Wardrobe

As you prepare for the fall season, use this wardrobe checklist to ensure you have all the essential pieces you need to create stylish and versatile outfits. This checklist will help you curate a wardrobe that fits your lifestyle, reflects your personal style, and keeps you comfortable throughout the season.



Outerwear:

1. Lightweight Jacket (e.g., denim jacket, utility jacket)
2. Cozy Sweater (neutral color for layering)
3. Cardigan (long or cropped, versatile for layering)
4. Blazer (structured, adds polish to any outfit)
5. Trench Coat or Rain Jacket (for those rainy fall days)
6. Wool or Down Coat (for cooler weather later in the season)

Tops:

1. Basic T-Shirts (neutral colors for layering)
2. Long-Sleeve Tees (for layering or wearing on their own)
3. Button-Down Shirts (classic white, chambray, or plaid)
4. Knit Sweaters (crewneck or V-neck, in fall colors)
5. Blouses (with interesting details like ruffles or prints)
6. Turtlenecks (great for layering under jackets or sweaters)

Dresses:

1. Knit Dress (easy to dress up or down)
2. Shirt Dress (versatile and can be layered)
3. Sweater Dress (warm and cozy for cooler days)



Bottoms:

1. Dark-Wash Jeans (straight-leg or skinny fit)
2. Black Pants or Trousers (can be dressed up or down)
3. Corduroy Pants (adds texture and warmth)
4. Midi or Maxi Skirt (in a versatile color or print)
5. Leggings (comfortable and perfect for layering)

Footwear:

1. Ankle Boots (neutral color, versatile for various outfits)
2. Loafers or Flats (comfortable for everyday wear)
3. Sneakers (casual and comfortable)
4. Tall Boots (classic for wearing with dresses or skirts)
5. Waterproof Boots (for rainy fall days)

Accessories:

1. Scarves (in a variety of textures and colors)
2. Hats (beanies, fedoras, or wide-brimmed hats)
3. Gloves (lightweight for early fall, warmer for later)
4. Belt (to add structure to dresses or cinch waists)
5. Tote Bag (roomy enough for daily essentials)
6. Crossbody Bag (for hands-free convenience)



Layering Essentials:

1. Camisoles or Tank Tops (for layering under sweaters)
2. Long-Sleeve Undershirts (for added warmth)
3. Thermal Tops (for particularly cold days)

Special Occasion Pieces:

1. Dressy Blouse or Top (for gatherings or events)
2. Statement Skirt or Pants (adds a pop to your outfit)
3. Evening Dress (for special occasions or dinners)

Jewelry & Accessories:

1. Statement Necklace or Earrings (to elevate simple outfits)
2. Simple, Everyday Jewelry (for a polished look)
3. Watch (both stylish and functional)

Final Touches:

1. Socks & Tights (in neutral colors for layering)
2. Fashionable Umbrella (for those rainy days)
3. Warm Slippers (for cozying up at home)



Fall Wardrobe

Items I want to add to my wardrobe:

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Seasonal Decorating Ideas for Fall

This worksheet is designed to help you brainstorm and plan your fall home decor. Use it to organize your ideas, identify key areas to decorate, and create a cozy and inviting atmosphere that reflects the beauty of the season.

Step 1: Identify Your Decorating Goals

What do you want to achieve with your fall decor? Consider the following:

- Do you want to create a warm and cozy atmosphere?
- Are you focusing on specific areas like the living room, entryway, or dining table?
- What themes or colors resonate with you for the season?

My Fall Decorating Goals:



Choose a Color Palette

Select a color palette that reflects the fall season and complements your home's existing decor.

Popular fall colors include:

- Warm neutrals (beige, cream, taupe)
- Earthy tones (brown, terracotta, olive green)
- Rich shades (burgundy, mustard yellow, deep orange)

My Fall Color Palette:

Focus on Key Areas

Identify the key areas of your home where you want to add seasonal decor. Use the prompts below to guide your ideas.

Entryway:

- Ideas for the entryway (e.g., wreath, doormat, seasonal accents):

Living Room:

- Ideas for the living room (e.g., throw blankets, pillows, mantel decor):

Dining Room:

- Ideas for the dining room (e.g., centerpiece, table runner, place settings):

Kitchen:

- Ideas for the kitchen (e.g., seasonal towels, countertop decor, centerpiece):

Family Room:

- Layered Textiles: Add throw blankets and plush pillows in warm, rich colors or soft textures to sofas and chairs.

Bedroom:

- Luxurious Bedding: Invest in soft flannel sheets, plush duvets, or chunky knit blankets for warmth and comfort.

Bedroom:

- Nature Elements: Bring in nature with a vase of fall branches, dried flowers, or a cozy autumn wreath above the bed.

Home Office:

- Seasonal Accents: Add small touches like a fall-scented candle, a bowl of pinecones, or a cozy mug for your morning coffee to embrace the season.



Decor Inspiration Checklist

Check off items as you add them to your decor plan:

- Wreath for the front door
- Seasonal doormat
- Fall-themed throw pillows
- Cozy blankets
- Candles (fall scents like pumpkin, cinnamon, or apple)
- Table centerpiece (pumpkins, gourds, or a floral arrangement)
- Seasonal artwork or wall decor
- Decorative pumpkins or gourds
- Fall foliage (branches, leaves, or garlands)
- Seasonal dishware or table linens
- String lights or lanterns
- Fall-themed kitchen towels or oven mitts
- Outdoor planters with mums or other fall flowers



Home Decor Shopping List

| ENTRY | LIVING ROOM | FAMILY ROOM |
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| KITCHEN | DINING ROOM | BEDROOM |
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| BEDROOM | BEDROOM | HOME OFFICE |
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Inspired Resources

In addition to this free resource, I offer a variety of Inspired Resources designed to help you create and live a fulfilling second act. These resources will support you every step of the way. Explore more resources to ignite your passion, set new goals, and find purpose in this exciting next chapter of life.



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"IN LIFE, THE FIRST ACT
IS ALWAYS EXCITING.
BUT IT IS
- THE SECOND ACT -
THAT'S WHERE THE DEPTH COMES IN"

Joyce Van Patten