

FALOLITY FALL EMOTIONAL WELLNESS CHECKLIST

A Seasonal Self-Care Guide for Mind, Body & Spirit

Name: _____

Week of: _____

DAILY WELLNESS

- ☐ Spend 15-30 minutes in natural daylight
 - ☐ Drink enough water throughout the day
 - ☐ Eat nourishing meals and snacks
 - ☐ Move your body for at least 20 minutes
 - ☐ Take at least one mindful break
 - ☐ Limit excessive social media scrolling
 - ☐ Get 7-9 hours of quality sleep
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EMOTIONAL WELLNESS

- ☐ Check in with how I'm feeling today
 - ☐ Practice self-compassion
 - ☐ Release one unnecessary worry
 - ☐ Journal or reflect for 5 minutes
 - ☐ Celebrate one small victory
 - ☐ Take three deep, intentional breaths
 - ☐ Give myself permission to rest if needed
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SOCIAL CONNECTION

- ☐ Reach out to a friend or loved one
 - ☐ Have a meaningful conversation
 - ☐ Ask for help if I need support
 - ☐ Share kindness with someone today
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SEASONAL SELF-CARE

- ☐ Spend time outdoors
 - ☐ Enjoy the beauty of the season
 - ☐ Read something inspiring
 - ☐ Do something that brings me joy
 - ☐ Create a cozy moment for myself
 - ☐ Practice gratitude
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GRATITUDE CORNER

Today, I am grateful for:

1.

 2.

 3.

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WEEKLY REFLECTION

What energized me this week?

What challenged me this week?

What do I need more of next week?

One intention for the week ahead:

✦ **Falolity Wellness Affirmation**

"I honor this season of my life with grace, gratitude, and intention. I am growing, healing, and becoming the best version of myself, one day at a time."

Remember: Progress over perfection. Every small act of self-care is a meaningful investment in your well-being. 🌱