



















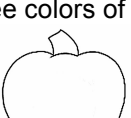







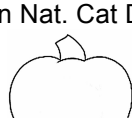
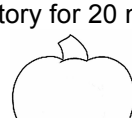



Spooky Self-Care

Color in a **pumpkin** for every activity you complete in October, in any order you choose.

<p>1 Pumpkin Spice Day coffee or treat</p> 	<p>2 Shop for fall veggies & herbs</p> 	<p>3 Tone muscles with a pumpkin</p> 	<p>4 Taco Day black & orange tacos</p> 	<p>5 Unplug & relax fall scented candle</p> 
<p>6 Set New Moon positive intentions</p> 	<p>7 De-clutter your closets & rooms</p> 	<p>8 Wear a fall-themed face mask</p> 	<p>9 Learn the name of a constellation</p> 	<p>10 Pumpkin pancakes for breakfast!</p> 
<p>11 Add routine of after-dinner walks</p> 	<p>12 Belly rolls & kegels at stoplights</p> 	<p>13 Mindfully color an autumn picture</p> 	<p>14 Ditch allergens from hair & clothes</p> 	<p>15 Warm up by a campfire or fire pit</p> 
<p>16 Visit a pumpkin patch</p> 	<p>17 October-themed gratitude list</p> 	<p>18 Spooky Yoga workout</p> 	<p>19 Blend a pumpkin smoothie</p> 	<p>20 Be spellbound by the Hunter's Moon</p> 
<p>21 Drive or walk to see colors of fall</p> 	<p>22 Pamper-pumpkin spa night!</p> 	<p>23 Autumn guided meditation</p> 	<p>24 Take a haunted history walk</p> 	<p>25 Art Day "drip art" pumpkin craft</p> 
<p>26 "Great Pumpkin" & nostalgia tonight</p> 	<p>27 Feel empowered! Witchy movie night</p> 	<p>28 Tour neighborhood Halloween lights</p> 	<p>29 Stretch like a cat on Nat. Cat Day</p> 	<p>30 Read a spooky story for 20 min.</p> 
<p>I completed _____ self-care challenges by Halloween.</p>		<p>31 Happy Halloween! Time for you</p> 	<p>Visit www.AutumnInVirginia.com or BestLifeWorkshop.wordpress.com for October self-care details, recipes and links to exercise and meditation videos!</p>	