

Fall Equinox Checklist

Seasonal Rituals & Mindfulness

- Light candles at sunrise and sunset to honor balance
- Journal about what you 're ready to release from summer and what you 'd like to welcome in autumn
- Meditate outdoors and notice the shift in temperature, colors, and sounds
- Create a gratitude list for what 's been abundant in your life this year

Nature & Home

- Collect colorful leaves, acorns, or pinecones for seasonal décor
- Take a long nature walk and reflect on balance in your own life
- Decorate your altar, desk, or dining table with autumn elements (apples, pumpkins, wheat, dried herbs)
- Do a fall deep clean to symbolically reset your space

Food & Gathering

- Bake seasonal treats like apple crisp, pumpkin bread, or roasted root veggies
- Cook a meal featuring harvest foods: squash, corn, apples, cranberries, nuts
- Share a meal with friends or family to celebrate community and abundance
- Make a warm cider or tea ritual in the evening

Self-Care & Reflection

- Do a balancing yoga sequence (tree pose, warrior, sun salutations)
- Take a warm bath with herbs like rosemary, chamomile, or sage
- Write intentions for the coming darker months (rest, creativity, routines)
- Read or listen to something grounding, like seasonal poetry

Bonus Idea

- Start a small tradition—like writing yourself a 'seasonal letter' to read at the Spring Equinox