

5 Simple Ways to Reset With Intention

FALL RESET

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YOUR FALL RESET

Intention

Fall invites us to reset. As summer's activity winds down, the shorter days ask us to pause. Our intentions should come before our choices. Is our energy going towards who and what is important to us? Pausing to examine this puts us front and center in our own life. And isn't this where we belong?

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Fall Reset INTENTIONS

DAILY AFFIRMATIONS

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TODAY I AM GRATEFUL FOR

.....

.....

TODAY'S TOP GOALS

01

02

03

SCHEDULE

[illegible]

WATER

SLEEP

MOOD

NOTES

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Fillable CHECKLIST

Our week's plan should begin with a map of our **energy**. Not a grid of appointments. Notice what you need in the morning and in the evening to begin your day with **focus and energy**. And end your day with a feeling of **peace and your time, well spent**.

MORNING SELF-CARE

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NIGHT SELF-CARE

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CHECK LIST

Think about the weeks between September 1, and January 1. What is most important to you? Take time to think through each month and every activity you want to participate in. Anything you want to bake. **Rituals, people, events and routines that make fall special to you.** See if you can check all the 'yes' boxes by the end of the year.

CHECKLIST

Take your list from the previous page and place your intentions in the appropriate month. Be sure to think ahead to how to make each month more enjoyable by doing any preparation the month before.

SEPTEMBER

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

OCTOBER

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

NOVEMBER

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

DECEMBER

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

ENERGY

As sunlight hours diminish, so too, does our energy. This can leave us feeling depleted, just as we enter the busiest season of the year.

An energy reset is our cue to include a physical reset into the season. Think about foods that energize you and those that deplete you. Same with movement and rest.

FOODS THAT FUEL

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

FOODS THAT DEplete

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

MOVEMENT THAT ENERGIZES

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

OPTIMAL REST

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

DATES :

MOOD :

DAILY JOURNAL

Your Thoughts

GOAL

-
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-

TO DO LIST

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-
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-
-

FALL RESET



"You can't start the next chapter of your life if you keep rereading the last one."

LIFETICITY

Create a life you love.



THIS IS YOUR SEASON BE INTENTIONAL



Resetting for fall isn't about perfection. It's about presence. It's about choosing what matters most and letting the rest fall away. Here's to **creating a life you love.**