

THANK YOU FOR DOWNLOADING!

Your support means so much to me!

Thanks so much for grabbing this freebie!

If you'd like to share this resource, please link back to the blog post where it's featured rather than the PDF itself. Thanks for spreading the word the right way!

Terms of Use

Thanks so much for using my printables! Just a quick note—these resources are for your personal, non-commercial use only.

You May:	You May Not:
<ul style="list-style-type: none">• Use this printable at home, in your personal planning, journaling, or wellness routines.• Print as many copies as you need for your own use.• Share a link to the original blog post so others can grab it too!	<ul style="list-style-type: none">• Link directly to the PDF—always link to the blog post where it's shared.• Sell, redistribute, or profit from this file in any way (that includes printing it and selling physical copies).• Edit or change the file and claim it as your own.• Upload the file to your own site or share it in Facebook groups, forums, or other platforms.

© 2025 @ thismidlifething.com — All rights reserved.

Please don't copy or upload any part of this product to the internet, including personal or classroom websites.

FALL SELF-CARE *Bucket List*

○ GET A HYDRATING FACIAL

○ START A GRATITUDE JOURNAL

○ GO ON A SOLO COFFEE DATE

○ SHOP FOR SEASONAL PRODUCE

○ WRAP UP IN A NEW SCARF

○ GET A NEW FALL MUG

○ TRY A NEW FRAGRANCE

○ FIND A NEW HOBBY

○ GET NEW PAJAMAS

○ CLEAN & DECLUTTER

○ WATCH A COMFORT MOVIE

○ MAKE HOTSPICED TEA

○ DECORATE YOUR SPACE FOR FALL

○ GET A COZY NEW SWEATER

○ SWITCH TO FALL COLORED COSMETICS

○ GET A NEW BLANKET

○ GET FRESH FALL FLOWERS

○ TAKE A BUBBLE BATH WITH FALL SCENTS

○ BAKE SOMETHING NEW

○ READ A NEW BOOK

○ LIGHT A NEW FALL-SCENTED CANDLE