

*Welcome* to The Busy Girl's Guide to Fall Planning, we're so glad you're here. We're passionate about getting organized early so that we can enjoy all the fun adventures the season has to offer, and we're excited to share these ideas with you too.



Now, if you're living in the South or somewhere else the humidity is in the high 80s and the temps are in the high 90s the last thing you probably want to think about are cozy sweaters and boots or having to bring the fall decorations down from the attic or searching for the best soup recipes on Pinterest.

We totally get it.



While it might not feel like fall is on the way given the sweltering temps, once school is back in session the pumpkin spice lattes and hayrides are just around corner.

We don't know about you guys but the transition from summer to fall can be a hectic one if we don't take a hot minute to think about and plan for the season. You might even be feeling overwhelmed right now at the thought of having to get ready for fall especially if your summer didn't turn out the way you had imagined.

Maybe you have color-coded folders filled with permission slips, sign up forms and backpacks sitting at your feet right now.

Or perhaps you've always wanted to be organized and ready for all things fall but you just couldn't make it happen for whatever reason. Those dog days of summer have a sneaky way of hanging around and catching us off guard, you know what I mean?

Now is a great time to take the pressure off just a bit and ease our way into fall. To gather our thoughts and get a game plan together and cross things off our checklist early. It's one of the biggest reasons we've created The Busy Girl's Guide to Fall Planning, so



we can enjoy a purpose filled season complete with all the adventures fall has to offer.



Are you ready to welcome all things cozy? We are too, let's get started! *Here are 5 Simple Things You Can Do Now to Prepare for Fall...*

## **#1 – Set Your Fall Goals and Priorities *Before* the Season Begins**

How many times have you gone through autumn *wishing* you had taken the time to visit the pumpkin patch or taken a trip with your family to see the leaves change or completed your autumn bucket list or hosted a bonfire for your friends and neighbors, but you didn't actually make time to do any of those things? We're not judging at all, we've been there too.

No matter what your goals and priorities are, take the time to put all the events that are important to you on the calendar now. Yes, even before the season begins.

**The best way to ensure you accomplish the big things and the small things on your fall goals and priorities list is to be proactive about how you spend your time.**

Learn to control your calendar with grace by being fully committed to saying, "yes" to the tasks and activities that light you up and "no" to the things that stress you out.



## **#2 – Establish a Wellness Routine You’ll Actually Keep**

- *Practice Healthy Morning Habits* – begin your day doing things that will create a sense of calm and focus by waking up around the same time each day, making your bed, journaling, meditation, affirmations or quiet time, eating a healthy breakfast and straightening your house before you leave for the day.
- *Get Moving Every Day* – focus on being active every day by taking a walk outside, lifting light weights, practicing yoga, going for a bike ride, taking a dance class or swimming laps in the pool at the clubhouse.
- *Incorporate Seasonal Ingredients into Your Menus* – whether it be honey crisp apples, pumpkins, multiple squash varieties, soups or slow cooker recipes there are so many different ways to incorporate seasonal foods into your weekly meal plan.
- *Practice Healthy Nightly Habits* – end your day by doing things that make you feel purposeful and peace filled such as prepping for the following day, tidying your home before you go to bed, meditation, visualization or quiet time, keeping a gratitude journal, light reading and prioritizing good sleep hygiene.



### **#3 – Prepare Your Home for Fall**

- *Declutter & Donate* – begin decluttering the most commonly used spaces in your home like drawers, closets, the pantry and the refrigerator now so you won't be caught off guard when holiday guests arrive. Consider donating gently used items you no longer want or need.
- *Collect, Launder & Change Out Seasonal Items* – if you've been storing seasonal items such as sweaters, jackets, blankets, boots, socks, flannel pajamas and bedding for the past few months in rarely used drawers, boxes or bins make sure all items have been laundered and properly cared for before changing out seasonal summer items for fall items.
- *Review Indoor & Outdoor Cleaning Checklists* – you likely already have a cleaning checklist in mind based on each season. Now is a great time to review the list and create a plan of action to tackle what needs to be done. Common fall examples are changing out the batteries on smoke alarms, cleaning out the gutters, prepping garden beds, checking the fireplace and chimney and checking the weather seals around doors, windows, pipes and pumps.



#### **#4 – Take the Time to Find Fall Inspiration**

There are many ways to feel inspired by the upcoming season. For instance, looking through decorating books, magazines, blogs, Pinterest, shopping at your favorite stores, outdoor craft fairs or traveling.

Make a date with yourself or your bestie and spend some uninterrupted time seeking fall inspiration. Put it on the calendar (see #1), pour a glass of cider, nibble on seasonal treats and celebrate the early gifts of fall – you’re worth it!

### **#5 – Create a Cozy Home You’ll Enjoy All Season**

- Choose a color palette that will enhance your home by working with the existing colors you already have in place.
- Bring any fall decorations you might already have down from the attic or up from the basement.
- Start purchasing seasonal and fall décor items while they’re on sale. Most big box stores host early decorating events and offer coupons, discounts and sometimes seasonal craft classes as well. Take advantage of early-bird sale prices when they’re offered to ensure you have first pick of fall items from fabric to floral décor to ribbon, pillows, and seasonal accessories too.
- Hang a wreath on the front door.
- Spruce up the porch with beautiful mums or your favorite seasonal flowers.
- Add a fresh fall doormat.
- Fill your home with autumn inspired scents by using candles or creating simmer pots with fruits, herbs and spices.



While the weather may still be warm in your area, the mums may have just arrived at your local garden center and the pumpkins may be few and far between, there is always a way to celebrate the season.



Take the time to begin planning and preparing for fall now so you'll have plenty of time to enjoy your favorite activities and events that are to come.

There is no better way to kick off a season of adventure like being prepared.

Many blessings,

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# *The Busy Girl's Guide to Fall*

## *Planning Checklist*

### Fall Goals and Priorities:

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### Daily Wellness Routine:

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### Fall Home Preparation Guide:

- Declutter and Donate
- Collect, Launder & Change Out Seasonal Items
- Review & Complete Indoor/Outdoor Seasonal Cleaning Checklists

## Fall Inspiration Ideas:

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## Ways to Create a Cozy Fall Home:

- Choose a Fall Color Palette
- Sort Through Fall Decorations in the Attic/Basement
- Begin Purchasing New Seasonal Décor Items
- Decorate Commonly Used Spaces
- Hang a Wreath on the Front Door
- Spruce Up the Porch/Patio with Fall Foliage & Flowers
- Add a Fresh Fall Doormat
- Make or Buy Seasonal Scents
- Create Seasonal Menus