

YOUR FALL 2022 CHECKLIST



**In Vermont, my home state, the fall season is a major event!
See how many Vermont inspired and other activities you will engage in this fall!**

- ☐ Drink mulled hot cider
- ☐ Rake leaves and jump in
- ☐ Take a leaf peeping ride
- ☐ Take lots of foliage pictures
- ☐ Get outside for as many walks as possible before snow flies!
- ☐ Go apple picking
- ☐ Make apple crisp with fresh maple whipped cream
- ☐ Drink a real pumpkin spice latte
- ☐ Visit a pumpkin patch, pick out pumpkins to decorate outside your house
- ☐ Curl up near a fireplace with a cozy blanket and a good book
- ☐ Visit the seasons last outdoor farmers market
- ☐ Watch high school football and soccer games
- ☐ Try every pumpkin spice food you can find!
- ☐ Visit a farm near you for a foliage walk
- ☐ Dress up for Halloween!
- ☐ Start a gratitude practice and do my Gratitude Challenge Thanksgiving week!
- ☐ Eat a cider donut!
- ☐ Hike a mountain
- ☐ Take time to write down everything you've enjoyed or accomplished this year
- ☐ Start setting goals and planning for 2023!



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