



# A FOCUSED FALL

A GUIDE TO MEASURED AND INTENTIONAL LIVING

---

## IDENTIFY YOUR "MUSTS"

What are the things that you LOVE to do that are only possible in the fall? Write them out and consider this your Fall Bucket List.

---

## SAY YES TO WHAT MATTERS

Look at your Fall Bucket List What will it take to say YES to these things that you enjoy?

Now, look at your calendar and daily schedule, figure out where you can write-in these musts, to ensure they actually happen. If you don't have time or margin - the next page will help!

Boldly Pursue with Caitlyn Scaggs | [www.boldlypursue.com](http://www.boldlypursue.com)





# A FOCUSED FALL

A GUIDE TO MEASURED AND INTENTIONAL LIVING

---

## SAY "NO" WHEN NEEDED

You can't say yes to everything. What is something that is currently occupying space on your schedule that you can choose to say no to?

What is something you've been doing that you find to be draining or a source of frustration - how can you say no to this? In doing so, you'll have more time and emotional energy.

Are you someone who struggles to say no? If so, spend time writing about your fears in a well-placed no. Fear of missing out? Fear of hurting feelings? Fear of being seen as uncommitted? Writing about it may help you identify what's really going on, so that you can move past overwhelm and into intentional living.

Boldly Pursue with Caitlyn Scaggs | [www.boldlypursue.com](http://www.boldlypursue.com)





# A FOCUSED FALL

A GUIDE TO MEASURED AND INTENTIONAL LIVING

---

## MAKE SPACE TO BE STILL

Identify 15 minutes over the next week when you can sit and do nothing other than listen to relaxing music and sip your favorite warm drink. If you have a fall-scented candle to light, even better! One rule: No phone in hand.

Enter into a space of stillness and reflection. Give yourself this gift. Then, take time to write about what you learned. How long did you make it before checking the clock? Did you enjoy it or find yourself stressed about your looming to-do list? Use this as an opportunity to reflect on where you have work to do as it relates to slowing down and being still.