

THE INTENTIONAL SEASONAL RESET

INTENTIONAL LIVING SPECIAL EDITION

THE INTENTIONAL FALL & HOLIDAY GUIDE

Prepare your home. Protect your peace.
Enjoy the season.

ORGANIZED
SPACES
BRIGHTER
DAYS

A HOME
THAT WELCOMES
WHAT MATTERS
MOST

FALL CLEANING, THE INTENTIONAL WAY

- | | |
|---|--|
| ☐ Choose the feeling each room should create. | ☐ Rotate the wardrobe; repair, donate and store with intention. |
| ☐ Clear the entryway, closets and high-traffic surfaces. | ☐ Deep-clean the kitchen before holiday cooking begins. |
| ☐ Wash windows, throw bedding and pillows. | ☐ Create one visible fall ritual station. |
| ☐ Replace filters and test smoke and carbon-monoxide alarms. | ☐ Schedule the maintenance task you keep postponing. |

FALL | HALLOWEEN | THANKSGIVING
CHRISTMAS | NEW YEAR

“

A seasonal reset is not about perfection. It is about preparing your home to support the life you want to experience.”

MAKE EVERY DAY AN EXPERIENCE

A More Intentional Season

The holidays should not be something we survive. They should be something we experience.

Fall invites us to slow down, look around and decide what matters before the calendar becomes crowded. This guide was created to help you prepare early, protect your energy and make room for the people and moments you value most.

You will find practical checklists, simple timelines, planning pages and rituals for your home, your health and your peace. Use what serves you. Release what creates pressure. Let the season reflect your values instead of someone else's expectations.

My hope is that your home feels warmer, your schedule feels lighter and your celebrations feel more meaningful. You do not need a perfect holiday. You need an intentional one.

“

Create a life
you do not
have to take a
vacation from.

DR. KEITH R. HARLEY, JR.
PUBLISHER

Your present situation is not your final destination.

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Year-end reflection and January direction

Prepare the systems early so you can be present
for the moments that matter.

The Seasonal Compass

Use this page as your master rhythm. Choose a few meaningful actions each month and leave breathing room between them.

LATE SEPTEMBER

RESET

- Set the feeling for the season
- Clear high-traffic spaces
- Review the calendar and budget

OCTOBER

WELCOME

- Create fall atmosphere
- Prepare Halloween early
- Confirm Thanksgiving plans

NOVEMBER

GATHER

- Finalize menu and guests
- Practice visible gratitude
- Begin Christmas planning

DECEMBER

CELEBRATE

- Protect the meaning
- Simplify gifts and gatherings
- Schedule rest on purpose

JANUARY

BEGIN CLEAR

- Review the year honestly
- Reset key rooms and routines
- Choose one word and three standards

Choose the Feeling First

Before choosing decorations, menus or gifts, choose how you want the season to feel. Your answer becomes the filter for every yes, every no and every purchase.

MY THREE WORDS

WHAT MATTERS MOST

WHAT I WILL NOT CARRY

A beautiful season is not created by doing more.
It is created by deciding what deserves your presence.

THE INTENTIONAL SEASONAL RESET

Prepare now. Enjoy later.

SAME HOME.
A MORE INTENTIONAL
SEASON AHEAD.

FALL
BEGINS
SEPTEMBER 22

ORGANIZED
SPACES
BRIGHTER
DAYS

A HOME
THAT WELCOMES
WHAT MATTERS
MOST

FALL CLEANING, THE INTENTIONAL WAY

- ☐ Choose the feeling each room should create.
- ☐ Clear the entryway, closets and high-traffic surfaces.
- ☐ Wash windows, throws, bedding and curtains.
- ☐ Replace filters and test smoke and carbon-monoxide alarms.
- ☐ Rotate the wardrobe; repair, donate and store with intention.
- ☐ Deep-clean the kitchen before holiday cooking begins.
- ☐ Create one visible fall ritual station.
- ☐ Schedule the maintenance task you keep postponing.

“

A seasonal reset is not about perfection. It is about preparing your home to support the life you want to experience.”

The Four-Zone Home Reset

01 ENTRY + LIVING

- ☐ Clear the first sightline
- ☐ Rotate pillows and throws
- ☐ Create one fall focal point
- ☐ Check evening lighting

02 KITCHEN + PANTRY

- ☐ Discard expired items
- ☐ Clean the oven and refrigerator
- ☐ Inventory serving pieces
- ☐ Create a holiday pantry shelf

03 BEDROOM + BATH

- ☐ Change seasonal bedding
- ☐ Edit products and linens
- ☐ Prepare guest towels
- ☐ Create a calming night routine

04 CLOSETS + STORAGE

- ☐ Repair, donate and store
- ☐ Label seasonal bins
- ☐ Place entertaining items together
- ☐ Leave space for what is coming

A Fall Reset for You

Your home is not the only thing entering a new season. Refresh the routines that help you feel confident, energized and present.

WARDROBE

- ☐ Try on before storing
- ☐ Build five ready-to-wear looks
- ☐ Repair shoes and outerwear
- ☐ Choose one signature fall accessory

WELLNESS

- ☐ Protect hydration as weather cools
- ☐ Schedule movement on the calendar
- ☐ Refresh morning and evening routines
- ☐ Book overdue health appointments

ENERGY

- ☐ Create one no-rush morning each week
- ☐ Reduce one draining commitment
- ☐ Set a holiday social limit
- ☐ Choose a weekly restoration ritual

The goal is not reinvention by January.
The goal is support all season long.

The Fall Pantry + Gathering Plan

A prepared pantry turns spontaneous hospitality into an experience instead of an emergency.

WARM + WELCOMING

- ☐ Tea, coffee and cocoa
- ☐ Cinnamon, nutmeg and cloves
- ☐ Candles and matches
- ☐ Cocktail and mocktail basics

QUICK TO SERVE

- ☐ Crackers and nuts
- ☐ Cheese and fruit
- ☐ Soup or chili ingredients
- ☐ One freezer-friendly dessert

HOSTING BACKUP

- ☐ Cocktail napkins
- ☐ Take-home containers
- ☐ Extra ice and sparkling water
- ☐ Simple guest toiletries

Signature fall moment: choose one scent, one playlist
and one dish people will remember.

WELCOME WITH INTENTION

Halloween atmosphere. Thanksgiving connection.

HALLOWEEN WITHOUT THE CHAOS

- ☐ Choose the decorating mood and budget by October 1.
- ☐ Check outdoor lighting and create a safe, welcoming path.
- ☐ Plan one treat, one signature drink and one memorable moment.
- ☐ Prepare costumes, candy and the front-door plan one week early.
- ☐ Pack and label every decoration on November 1.

“We prepare early so presence—not pressure—defines the celebration.”

THANKSGIVING, GATHER WELL

- ☐ Confirm the guest list and menu by November 1.
- ☐ Assign dishes and ask about dietary needs.
- ☐ Inventory linens, serving pieces, chairs and tableware.
- ☐ Shop the pantry early; buy fresh ingredients later.
- ☐ Plan the seating, music, lighting and gratitude moment.



The 14-Day No-Chaos Plan

14 DAYS BEFORE

- ☐ Choose the mood and budget
- ☐ Inventory decorations
- ☐ Plan the front-door experience

10 DAYS BEFORE

- ☐ Purchase candy and supplies
- ☐ Confirm costumes
- ☐ Check outdoor lighting

7 DAYS BEFORE

- ☐ Decorate the entry
- ☐ Plan one treat and one drink
- ☐ Confirm family or guest plans

2 DAYS BEFORE

- ☐ Set out serving pieces
- ☐ Prepare playlist and lighting
- ☐ Charge phones and doorbell

NOVEMBER 1

- ☐ Pack and label decorations
- ☐ Discard damaged items
- ☐ Reset the entry for Thanksgiving

Halloween Night Checklist

HOME + SAFETY

- ☐ Clear the walkway and steps
- ☐ Use reliable exterior lighting
- ☐ Keep pets secure and comfortable
- ☐ Place candy where it is easy to reach
- ☐ Keep cords and decorations out of paths
- ☐ Prepare water and a simple snack

HOST + PRESENCE

- ☐ Set the music before guests arrive
- ☐ Create a warm non-candy option
- ☐ Keep the front door area uncluttered
- ☐ Decide the evening end time
- ☐ Take one photo, then be present
- ☐ Reset the kitchen before bed

Atmosphere is not about excess.
It is the feeling people carry home.

The Four-Week Countdown

**4 WEEKS
DECIDE**

- ☐ Confirm location and guest list
- ☐ Ask about dietary needs
- ☐ Set the menu direction
- ☐ Choose the feeling for the table

**3 WEEKS
INVENTORY**

- ☐ Check linens and tableware
- ☐ Confirm chairs and serving pieces
- ☐ Assign shared dishes
- ☐ Order anything special

**2 WEEKS
PREPARE**

- ☐ Shop pantry items
- ☐ Create cooking schedule
- ☐ Plan music and lighting
- ☐ Clean guest-facing rooms

**FINAL WEEK
GATHER**

- ☐ Buy fresh ingredients
- ☐ Set the table early
- ☐ Protect sleep and hydration
- ☐ Welcome help without apology

Menu + Guest Planner

MENU

WELCOME DRINK

APPETIZER

MAIN DISH

SIDES

DESSERT

PEOPLE

CONFIRMED GUESTS

DIETARY NEEDS

ASSIGNED DISHES

SEATING NOTES

TRANSPORTATION NEEDS

ATMOSPHERE

MUSIC

LIGHTING

TABLE DETAIL

GRATITUDE MOMENT

TAKE-HOME GESTURE

Connection is the main course.

Choose fewer dishes, deeper conversation and a table that lets the host sit down.

Three Traditions Worth Keeping

01 THE PLACE-CARD BLESSING

Write one quality you appreciate about each guest on the back of their place card. Let them discover it when they sit down.

02 THE STORY ROUND

Ask everyone to share one moment from the year they never want to forget. Keep the answers short, honest and unhurried.

03 THE NEXT-MORNING NOTE

Before the day ends, write down what worked, what mattered and what you would simplify next year.

Gratitude changes a beautiful table
into a meaningful memory.

CELEBRATE. CLOSE. BEGIN AGAIN.

Christmas with meaning. A New Year with direction.



SLOWER
KINDER
DEEPER
MORE
MEANINGFUL



SAME
BRAVER
CLEARER
HEALTHIER
HAPPIER

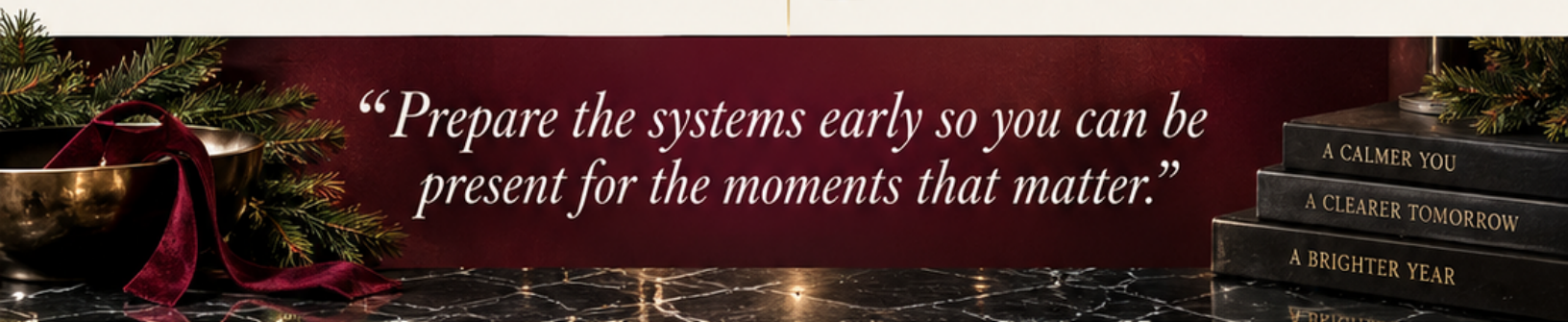
CHRISTMAS, PROTECT THE MEANING

- ☐ Choose three words for how Christmas should feel.
- ☐ Create the gift list and budget before shopping.
- ☐ Inventory decorations before buying anything new.
- ☐ Schedule cards, shipping, giving and gatherings.
- ☐ Plan a limited menu and two signature moments.
- ☐ Protect rest and say no to what creates resentment.

NEW YEAR'S, BEGIN CLEAR.

- ☐ Review the year: wins, lessons and unfinished business.
- ☐ Clear old papers, subscriptions and digital clutter.
- ☐ Close small financial tasks before December 31.
- ☐ Reset the bedroom, bathroom and kitchen.
- ☐ Schedule January health and wellness appointments.
- ☐ Choose one word and three standards for the new year.

“Prepare the systems early so you can be present for the moments that matter.”



The Six-Week Calm Countdown

6 WEEKS

Set three words, the budget and the gift list.

5 WEEKS

Inventory decor before purchasing anything new.

4 WEEKS

Confirm gatherings, travel, cards and shipping.

3 WEEKS

Complete the most important gifts and reservations.

2 WEEKS

Prepare the home, menus and guest details.

Do not schedule magic into every open space.
Leave room for life to happen.

The Gift Planner

PERSON	IDEA	BUDGET	PURCHASED	WRAPPED	
		☐	☐		
		☐	☐		
		☐	☐		
		☐	☐		
		☐	☐		
		☐	☐		
		☐	☐		
		☐	☐		
		☐	☐		
		☐	☐		

TOTAL GIFT BUDGET

BUFFER

FINAL TOTAL

Ready the Home, Not a Stage

Guests remember how your home made them feel. Focus on comfort, clarity and care before decoration.

THE ENTRY

- ☐ Clear the path
- ☐ Add warm light
- ☐ Create space for coats
- ☐ Choose one welcoming scent

THE GUEST BATH

- ☐ Fresh towels
- ☐ Full soap and tissues
- ☐ Visible wastebasket
- ☐ Simple basket of essentials

THE GATHERING SPACE

- ☐ Enough seating
- ☐ Easy drink station
- ☐ Comfortable temperature
- ☐ Music below conversation

THE KITCHEN

- ☐ Empty dishwasher
- ☐ Clear one prep surface
- ☐ Label dietary dishes
- ☐ Set take-home containers aside

Protect Your Peace

The most intentional holiday decision may be the one that protects your energy, health or relationships.

I AM AVAILABLE FOR

Name the gatherings, traditions and people that truly matter.

I AM NOT AVAILABLE FOR

Name the pressure, overspending or conflict you will not carry.

MY NON-NEGOTIABLE CARE

Choose sleep, hydration, movement, medication routines and quiet time.

MY GRACE PLAN

Decide what you will simplify if energy, health or time changes.

A peaceful no protects a meaningful yes.

Close Before You Begin

A clear beginning starts with an honest ending. Give the year a proper closing before asking the next one to perform.

1

REVIEW

Name the wins, lessons and moments that changed you.

2

RELEASE

Clear old papers, subscriptions, resentment and digital clutter.

3

REPAIR

Close one financial, relational or household task you keep avoiding.

4

RESTORE

Reset the bedroom, bathroom and kitchen for a gentler January.

5

RECOMMIT

Choose one word and three standards for how you will live.

You are not starting from nothing.
You are starting from experience.

The Year in Review

01 THREE MOMENTS I AM PROUD OF

02 THE LESSON I HAD TO LEARN

03 WHAT BROUGHT ME PEACE

04 WHAT DRAINED MORE THAN IT GAVE

05 WHAT I AM READY TO RELEASE

My January Intention Map

MY WORD FOR THE YEAR

HOME

What would make daily life calmer?

HEALTH

What support will I schedule?

MONEY

What needs clarity or consistency?

RELATIONSHIPS

Where will I be more present?

PURPOSE

What am I ready to begin?

JOY

What deserves a place on the calendar?

INTENTIONAL LIVING

MAKE EVERY DAY AN EXPERIENCE

Prepare with intention.
Celebrate with presence.
Begin again with clarity.

**INTENTIONAL
LIVING.**
Elevated.

DR. KEITH R. HARLEY, JR. | PUBLISHER

YOUR PRESENT SITUATION IS NOT YOUR FINAL DESTINATION