



September
2017

September - A Month of Change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 This month signals big seasonal change	2 September symbolises change for us too	3 Are you ready for change? What needs to shift?
4 List what needs changing in your life; big and small	5 How do you feel about change; positive or fearful?	6 What does change signify for you?	7 Manage change positively - small steps	8 What small things could change?	9 Talk with friends and family about desired changes	10 What could you change today?
11 What can you feel grateful for that needs no change?	12 As the trees' leaves change, what can you too shed?	13 What can you celebrate about the year so far?	14 How is your progress towards the goals you set?	15 What was the best thing about your summer/winter?	16 With 4 months left, what is still to be achieved?	17 How can you raise the bar today on your goals?
18 Motivation Monday - step forward positively	19 Affirm, 'I can handle change'	20 What holds you back from the big changes needed?	21 Today is the Day of International Peace.	22 Today is Equinox, celebrating 12hrs of light and dark	23 This is now a period of detox, so nurture yourself	24 Today, avoid toxic food and drink and allow balance
25 Set your 'change for happiness' intention today	26 What support do you need for your change desires?	27 Let go, release and allow new things to flow	28 Affirm 'I am open to the new coming into my life'	29 Be ready to embrace change as this month supports you	30 As the season bears fruit embrace the abundance of nature	31 As you look back at the month, what have you learnt?