



October

2017

October - A Month of Preparation

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						<p>1 It's Breast Awareness month - time to reflect</p>
<p>2 Motivation - how will you start your week?</p>	<p>3 Grateful Tuesday - what are you grateful for?</p>	<p>4 Winter & summer are coming - are you ready?</p>	<p>5 Preparation v flow - what feels best for you?</p>	<p>6 Freedom Friday - how will you let go today?</p>	<p>7 Preparing for the weekend - what fun is in store?</p>	<p>8 How do you prepare for the week ahead?</p>
<p>9 Start the week with a positive affirmation</p>	<p>10 It is World Mental Health Day. Be well and happy!</p>	<p>11 Wellness Wednesday - how will you put your needs 1st?</p>	<p>12 As winter looms, what plans do you have to cope?</p>	<p>13 What can you release that is cluttering life?</p>	<p>14 What goals could motivate you in winter?</p>	<p>15 It's family day - how will you spend yours?</p>
<p>16 It's World Food Day - what food makes you happy?</p>	<p>17 It's summer soon for some; what plans are there?</p>	<p>18 What makes you happy; plans or winging it?</p>	<p>19 Wake up with a positive thought</p>	<p>20 Affirm 'I prepare well and am flexible to change'</p>	<p>21 October is a month to slow down and rest.</p>	<p>22 Self-care Sunday - what will you do?</p>
<p>23 Set a happiness goal for the week ahead</p>	<p>24 Preparation creates intention, which creates positivity</p>	<p>25 Preparation needs acceptance to truly work</p>	<p>26 Affirm, 'I am ready to surrender to 'what is''</p>	<p>27 As Halloween approaches, reap autumn's bounty</p>	<p>28 Choose to be happy today - what could this look like?</p>	<p>29 How will you show kindness to yourself today?</p>
<p>30 Make this week about love & support</p>	<p>31 How would you review your Oct happiness?</p>					