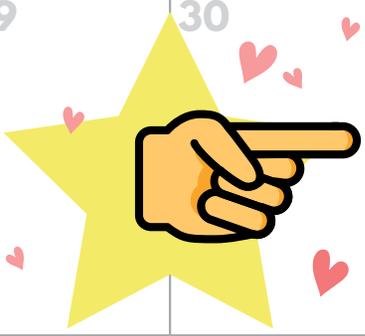


This October, *Fill in the* Blanks With Positive Thoughts

S	M	T	W	T	F	S
28	29	30	1	2	3	4
			<p>This October, I'm looking forward to...</p>	<p>2 People I want to reconnect with this month include...</p>	<p>3 Things I want to focus on for the rest of the year include...</p>	<p>4 A nice thing I want to do for myself this month is...</p>
5	6	7	8	9	10	11
<p>5 One way I can make my home cozier is...</p>	<p>6 One thing I'm grateful for this week is...</p>	<p>7 Something that made me laugh recently was...</p>	<p>8 I was pleasantly surprised recently by...</p>	<p>9 Holiday plans I'm excited about include...</p>	<p>10 Something nice I've recently discovered is...</p>	<p>11 One self-care activity I can do this month is...</p>
12	13	14	15	16	17	18
<p>12 A kind thing I hope to do for someone this year is...</p>	<p>13 A positive experience I had so far this fall is...</p>	<p>14 One thing I'm improving at this month is...</p>	<p>15 The happiest I've felt this fall was when...</p>	<p>16 Something good that happened at work was...</p>	<p>17 A success story I'm proud of is...</p>	<p>18 The best thing about this week was...</p>
19	20	21	22	23	24	25
<p>19 Something I love about weekends is...</p>	<p>20 I'm glad that...</p>	<p>21 One thing I love about mornings is...</p>	<p>22 A dream I'm working toward is...</p>	<p>23 A place I visited this year that I loved was...</p>	<p>24 One thing I love about evenings is...</p>	<p>25 A family tradition I love is...</p>
26	27	28	29	30	31	1
<p>26 I'm grateful for the opportunity to...</p>	<p>27 Advice I'm grateful to have received includes...</p>	<p>28 I'm lucky because...</p>	<p>29 Something that brought me joy recently was...</p>	<p>30 My favorite thing about fall is...</p>	<p>31 The best thing that happened in October was...</p>	