

'New Me' Ideas for October

Ordinary & Happy

1
Set a daily intention when you wake up.

2
Read inspiring stories.

3
Do 10 minutes of bodyweight exercises daily.

4
Write 1-3 things in a gratitude journal every morning.

5
Have a no-screen evening every week.

6
If needed, say 'no' to some social events for a break.

7
Tidy up your living space for 10 minutes daily.

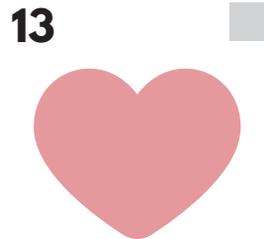
8
Try 5 minutes of deep breathing when there's a lot going on.

9
Declutter your home.

10
Text a loved one a kind message daily.

10
Clear out one drawer or shelf every week.

12
Walk or cycle instead of driving for short trips.



14
Work on your posture for 10 minutes daily.

15
Talk kindly to yourself in a mirror.

16
Get 10 minutes of fresh air daily.

17
Listen to an inspiring podcast on your commute.

18
Take an online course in a new skill.

19
Make a 10-minute priorities list for the day the night before.

20
Do something kind for someone.

21
Do something creative for 5-10 minutes daily.

22
Take standing or stretching breaks if you sit a lot at work.

23
Organize your email inbox.

24
Organize your phone and apps.

25
De-clutter your closet and update your wardrobe for the new season.