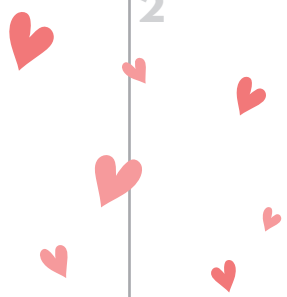


A Month of Trying New Things in September

S	M	T	W	T	F	S
30 		1 Try a different coffee shop for your coffee today.	2 Listen to a new song release.	3 Try a new quick & easy breakfast recipe.	4 Make a fall bucket list.	5 Bake a new-to-you apple recipe.
6 DIY a fall wreath or another fall craft.	7 Try a new BBQ recipe (for Labor Day).	8 Join a fall reading challenge and read a new book.	9 Try a new theme for journaling (gratitude, morning, evening).	10 Try a new sandwich or wrap recipe for packed lunch.	11 Take an online course on a topic you don't know much about.	12 Go on a road trip somewhere you haven't been before.
13 Visit a farmers' market and try something new.	14 Take a different route to work.	15 Pick up a new snack from the grocery store.	16 Go to a harvest festival.	17 Doodle for a few minutes.	18 Make fall-themed infused water (cinnamon, apple, pear).	19 Take photos of things that inspire you this weekend.
20 Get a scented candle with a new scent.	21 Try a seasonal smoothie you haven't tried before.	22 Go for a scenic walk somewhere new.	23 Watch the sunset from a different spot today.	24 Listen to a new podcast today.	25 Go to the movie theater to watch a new movie release.	26 Go apple picking.
27 Go to a new restaurant for lunch or dinner.	28 Try a different morning or evening routine today.	29 Cook a new fall recipe.	30 Rearrange your house plants.	1 	2	3 