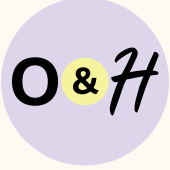


Deep Conversations *for October*

About Change in Life

S	M	T	W	T	F	S
27  Ordinary & Happy	28 	29 	30 	1 Why you believe change is necessary.	2 A positive of the change from summer to fall.	3 A daily routine you've kept the same for many years and why.
4 Something that changes every day in your life.	5 A teacher that changed your career path.	6 A past version of yourself you miss but had to move on from.	7 How your definition of 'success in life' has changed.	8 A change you can't see, but know it has happened.	9 A loved one who changed the way you saw something.	10 Someone who changed the path of your life.
11 A friendship that changed for the better.	12 The biggest change in your life and why it was important.	13 One way how you see the world has changed.	14 A change that led to something bigger, even if it wasn't easy.	15 A change, big or small, that just felt right.	16 How your capacity for love has changed.	17 A change in where you live/lived that was for the better.
18 A relationship with a loved one that had to change as you got older.	19 How your town or city has changed.	20 A strong opinion you had that changed.	21 How your definition of 'love' has changed.	22 A small, everyday change you rarely notice.	23 A 'goodbye' that changed you for the better.	24 A positive change you're navigating, right now.
25 A satisfying moment after going through a time of change.	26 Your biggest change and why you're proud of it.	27 A part of you that's still the same, even after so much change.	28 A positive change that's happened this year.	29 Something you feel never has to change.	30 A change you're still preparing for.	31 A small, positive change you're going to make before next year.