

This October, Fill in the Blanks

With Positive Thoughts...

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