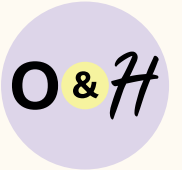


Inspirational Messages for October

S	M	T	W	T	F	S
27  Ordinary & Happy	28	29 	30	1 Enjoy that first sip of morning coffee. Love life's little joys.	2 Your smile makes you so beautiful.	3 Today, do something just because it makes you happy, not because it's productive.
4 Fall may bring a lot of change, but that change can be wonderful in its own way.	5 In life, we're always learning. Stay curious and never be afraid to ask questions.	6 Don't let one little setback decide how the rest of the day goes.	7 A walk is where so many good conversations can happen.	8 Look around at the changing colors, beautiful trees, and orange sky and take it all in.	9 Even an ordinary day can surprise you, so keep your heart open to all possibilities.	10 You don't have to hold the weight of the world on your shoulders. Not now, or ever.
11 Never forget how capable you are, no matter what comes your way.	12 Love the earth you walk on, the sun that shines, and the trees above you.	13 Some of the most courageous things you've done are the quietest.	14 You're more of an inspiration to someone than you realize.	15 Life is precious, so love all of its nuances, sweet moments, and simple joys.	16 Embrace the cozy evenings in. Take some time to reflect after a long year.	17 Some days, good food and good company are all you need.
18 Be patient with your progress, your journey, and yourself.	19 It's never too late to try something new.	20 As the nights get darker, be a shining light with your actions and words.	21 Kindness may not solve all of the world's problems, but it can make a difference.	22 Sometimes it's important to listen, not only to others, but also to yourself.	23 Even if this week was just about showing up, that's a testament to your strength of character.	24 Every day, even if it doesn't feel like it, you're making a difference in so many ways.
25 You don't have to be an artist to make something beautiful in life.	26 This week, let love, warmth, and all things cozy into your heart.	27 You've done so much this year. You've just got to look in the right places.	28 We'll be indoors a lot more, so make your home cozy and full of your favorite things.	29 You're strong and resilient, like the trees standing tall outside.	30 Love this past month for its little moments and small wins.	31 Today, enjoy Halloween like you did when you were younger.