

# September

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In doing anything, the first step is the most difficult, the rest is easy.

When facing a challenge, if your first instinct is to think, "I can't", it's time to retrain your brain. Next time say "I can" or at least "I'll try". You might surprise yourself.

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If you're moved to tears after a mention of a national crisis on the news, email a relevant, established organization and ask what you can do to help.

"We are not born all at once, but by bits."

Remember the Four Agreements:  
1 - Be impeccable with your word  
2 - Don't take it personal  
3 - Don't assume anything  
4 - Do your best!

The kindest thing you can do for yourself is to get rid of self-induced anxiety. "Did I mail the cable bill on time? Will I be late to lunch?" Consider paying your bills online or setting your watch five minutes fast.

"Just to be alive is a grand thing."

"Your duty, your reward - your destiny - are here and now."

Stress-proof your morning (or at least part of it). Get up 15 minutes earlier, and start your day with a short walk or series of yoga postures.

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When bored with your appearance, try a new cut or color. Ask someone whose hairdo you admire for a referral, don't be afraid to spend a bit more money on yourself. You wear your hair everyday.

"I change myself, I change the world."

Call a friend with whom you've been meaning to get back in touch. A rich, lifelong relationship could be waiting.

"The thing of course, is to make yourself alive. Most people remain all of their lives in a stupor."

"The future is purchased by the present."

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"Don't let lightweight problems hold you down and keep you from moving forward. Loose yourself and boldly move ahead in your passion."

"Build habits that support your lifestyle. Your habits create your outcomes. Do you have good habits? Identify areas that you know you need to improve on."

"Life can only be understood backwards; but it must be lived forwards."

Stop everything you are doing right now in the moment. Get up, go outside, stand up straight, look to the sky and take a really deep breath. You are alive!

"Do not fear mistakes. There are none."

You complain that you don't have the time to exercise, and that's fine. But do just one sit-up. Then while you're down there, do 29 more!

If you're bombarded by interruptions at the office, hang a DO NOT DISTURB sign on your door for half an hour. Use the time to empty your email inbox, write a to-do list, or otherwise regain control of the day.

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"I don't know what the future may hold, but I know who holds the future."

Ask yourself today, what can I let go?

One small shift - reading more, gossiping less, taking up dancing - can start a revolution and lead to a new profession, relationship, mind-set.

# 2014



"When you're stuck in a spiral,

to change all aspects of the spin you need only to change ONE thing." ... Christina Baldwin