

VISIT A FARMERS MARKET

Discover local fruits and vegetables that are in season and incorporate them into your cooking. Nothing tastes as good as fresh produce, plus you get to give back to your community.

DECLUTTER YOUR WORKING SPACE

Whether you work at a desk or in a garage, take time to analyze your space and decide what you can do to make your work easier. Pick up some containers to sort and organize your area, and throw out or donate anything that is obsolete or in the way.

PRACTICE HABIT 4: THINK WIN-WIN

Win-Win is about constantly seeking mutual benefit in all human interactions — about finding solutions that are truly beneficial and satisfying for everyone involved. The balance between courage and consideration is the essence of real maturity and is fundamental to a successful approach.

PLAN YOUR HALLOWEEN COSTUME

With Halloween still a month away, right now is a perfect time to start planning an awesome costume for you or your kids. This will give you plenty of time if you are DIYing your outfit, and you might get a jump on some sales.

CREATE A FITNESS GOAL

September's crisp mornings make starting a fitness habit almost effortless. Pick one clear 60-day goal, write it down today, and aim to crush it before Thanksgiving. A sharp September sprint turns summer regret into your best shape of the year.

1	World Letter Writing Day
5	International Day of Charity
7	Labor Day
11	Patriot Day
11	Rosh Hashanah Begins
13	Positive Thinking Day
20	Yom Kippur Begins
21	World Gratitude Day
22	Autumnal Equinox

WEEKLY OBSERVANCES

13-19	National Compassionate Leadership Week
20-26	International Week of the Deaf

MONTHLY OBSERVANCES

- Childhood Cancer Awareness Month
- Suicide Prevention Month
- Ovarian Cancer Awareness Month

MY FOCUS FOR THIS MONTH