

September

FRANKLIN FIVE

- **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 Pick up some containers to sort and organize your area, and throw out or donate anything that is obsolete or in the way.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.

KEY DATES

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| 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

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| 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
