

**I AM
PURPOSED
AND PATIENT
TOO**

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OCTOBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 GRIT Listen to a song that pumps you up!	2 GRATITUDE Practice acceptance!
3 GOAL-SETTING List 2 goals you want to accomplish this month	4 GRIT Talk to someone who motivates you to work harder	5 GRATITUDE Share a positive review for a business you support	6 GOAL-SETTING Take action towards one of your 2021 GOALS	7 GRIT List 3 ways you can be more committed to yourself and your goals	8 GRATITUDE Do something nice for someone you love	9 GOAL-SETTING Eliminate a bad habit for the day
10 GRIT Remind yourself that the grass is green where you water it	11 GRATITUDE Say thank you to someone you appreciate	12 GOAL-SETTING Do a web search of your dream vacation	13 GRIT Reflect on a time you bounced back stronger from a challenge	14 GRATITUDE Be intentional about saying "thank you"	15 GOAL-SETTING Meditate on your goals for 10 minutes	16 GRIT Do something outside of your comfort zone
17 GRATITUDE Make time to enjoy a passion	18 GOAL-SETTING Take action towards one of your 2021 GOALS	19 GRIT Recite your success mantra	20 GRATITUDE Treat yourself to something special	21 GOAL-SETTING Revisit why your 4, 2021 GOALS are important to you! Add to your why's!	22 GRIT Do something you enjoy doing, and do it well!	23 GRATITUDE Get some fresh air and express gratitude for nature
24 GOAL-SETTING List 3 things you will accomplish <u>today!</u> 31 GRIT Remind yourself that you're a winner	25 GRIT Have a courageous conversation	26 GRATITUDE Tell a friend or family member what makes them special	27 GOAL-SETTING Journal about something you accomplished today	28 GRIT Let go of something you've been holding onto	29 GRATITUDE Count your blessings (how high can you go?)	30 GOAL-SETTING Identify 1 thing you accomplished this month that you are proud of