

OCTOBER 2026

A LITTLE TIME FOR YOURSELF COUNTS, TOO.

MY OCTOBER DAYS

01		17	
02		18	
03		19	
04		20	
05		21	
06		22	
07		23	
08		24	
09		25	
10		26	
11		27	
12		28	
13		29	
14		30	
15		31	
16			

NOTES

MONTHLY CHALLENGE

A NOTE TO MYSELF

SMALL WINS

THIS MONTH, I WANT TO PRIORITIZE

WHAT I WANT TO CARRY INTO NEXT MONTH

