

BREATHING SPACE FOR OCTOBER

- [] October is an excellent month to be outdoors.
- [] Pick any cool October day and straighten out your attic, garage, or yard. Afterward, rake up a big pile of leaves and jump in them.
- [] During peak fall foliage, drive around for a while and enjoy the trees and bright leaves.
- [] Instead of turning up the heat, build a fire.
- [] Start making Thanksgiving plans, if you haven't already.
- [] Take a new route to work one day.
- [] Acknowledge yourself for jobs well done, instead of those not done.
- [] Set a goal this month to finish all unfinished jobs, projects, and business--once and for all.
- [] Every week this month, make a grocery list instead of randomly combing the aisles for things you think you might need.
- [] Start Christmas shopping and avoid the rush.
- [] Volunteer to run a game or booth at a Halloween party for children.
- [] Go out and pick pumpkins to carve with your children. Immerse yourself in the fun of carving them, as well.
- [] Listen to a World Series game on the radio while resting in your backyard hammock.
- [] Take a walk with your camera to capture the colorful fall foliage.
- [] Clean out your refrigerator and freezer; discard any ancient leftovers and reorganize what's left.
- [] Now that you have extra freezer space, bake and freeze casseroles for a quick meal when holiday company comes by to visit.