



October 2025



WEDNESDAY 1

What will you aim to achieve before the end of October?

THURSDAY 2

What are some of the things that make you feel productive?

FRIDAY 3

ARE THERE ANY AREAS OF YOUR LIFE WHERE YOU NEED TO INVEST MORE TIME AND ENERGY?

SATURDAY 4

WHAT IS SOMETHING YOU CAN ADD TO YOUR MORNING ROUTINE TO START YOUR DAY BETTER?

SUNDAY 5

HOW DO YOU ENCOURAGE YOURSELF WHEN FEELING DOWN OR UNMOTIVATED?

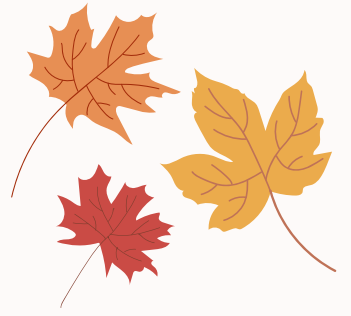
MONDAY 6

HOW CAN YOU PRACTICE MORE SELF-CARE THIS MONTH?

TUESDAY 7

WHAT IS SOMETHING THAT YOU DO ON A REGULAR BASIS THAT MAKES YOUR LIFE EASIER?

October 2025



WEDNESDAY 8

IS THERE ANYTHING YOU HAVE BEEN AVOIDING OUT OF FEAR OR
HESITATION? HOW CAN THIS BE ADDRESSED?

THURSDAY

9

WRITE DOWN THREE THINGS THAT MAKE YOU FEEL EXCITED TO BE
ALIVE.

FRIDAY 10

WHAT IS ONE THING YOU CAN DO TODAY TO MAKE TOMORROW BETTER?

SATURDAY 11

NAME SOMETHING YOU HAVE LISTENED TO LATELY AND LOVED.

SUNDAY 12

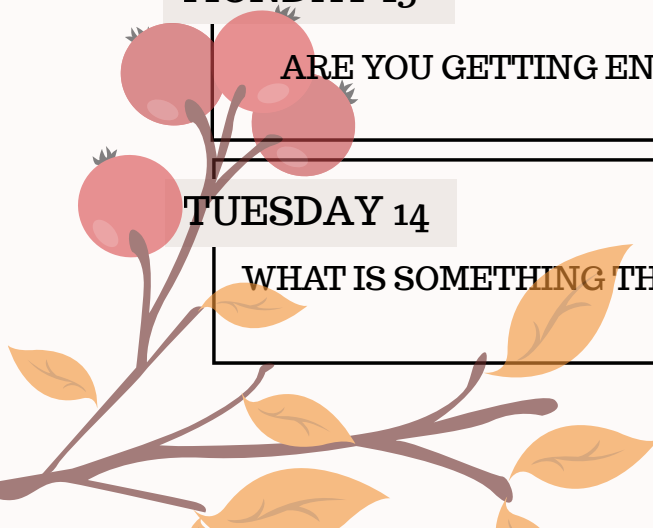
WHAT IS YOUR ALL-TIME FAVOURITE BOOK AND WHY?

MONDAY 13

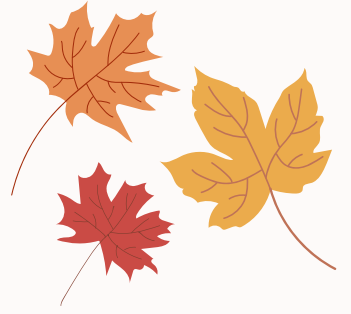
ARE YOU GETTING ENOUGH SLEEP? IF NOT, WHAT CAN YOU DO TO
IMPROVE?

TUESDAY 14

WHAT IS SOMETHING THAT YOU ARE COMMITTED TO IMPROVING THIS
MONTH?



October 2025



WEDNESDAY 15

HOW DO YOU MAINTAIN A SENSE OF GRATITUDE AND CONTENTMENT IN YOUR LIFE?

THURSDAY 16

ARE THERE ANY AREAS WHERE YOU NEED TO BE MORE DISCIPLINED IN ORDER TO REACH YOUR GOALS?

FRIDAY 17

HOW CAN YOU MAKE BETTER USE OF YOUR FREE TIME?

SATURDAY 18

DESCRIBE A DIFFICULT SITUATION THAT MADE YOU STRONGER.

SUNDAY 19

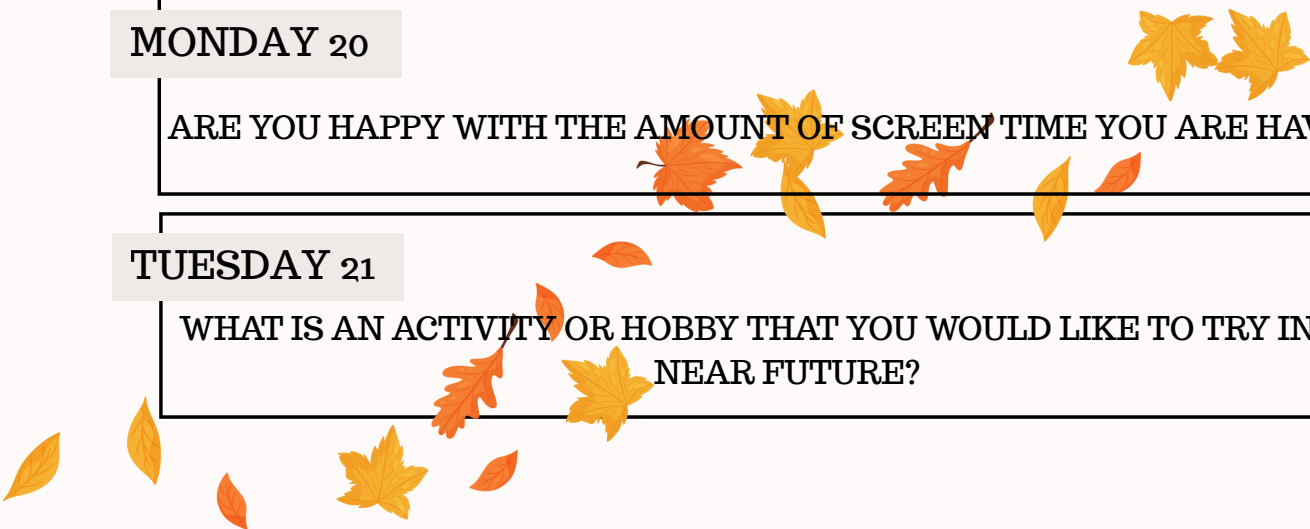
ARE THERE ANY AREAS WHERE YOU COULD USE SOME EXTRA HELP OR SUPPORT?

MONDAY 20

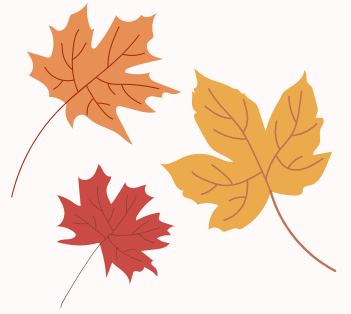
ARE YOU HAPPY WITH THE AMOUNT OF SCREEN TIME YOU ARE HAVING?

TUESDAY 21

WHAT IS AN ACTIVITY OR HOBBY THAT YOU WOULD LIKE TO TRY IN THE NEAR FUTURE?



October 2025



WEDNESDAY 22

HOW DO YOU DEAL WITH NEGATIVE THOUGHTS WHEN THEY CROP UP?

THURSDAY 23

WHAT ARE SOME OF THE BEST WAYS TO PRACTICE SELF-LOVE AND ACCEPTANCE?

FRIDAY 24

ARE YOU LIVING THE LIFE THAT YOU WANT TO LIVE? IF NOT, WHAT NEEDS TO CHANGE?

SATURDAY 25

HOW CAN YOU CREATE MORE BALANCE BETWEEN WORK AND LEISURE ACTIVITIES?

SUNDAY 26

WHAT IS SOMETHING THAT ALWAYS HAS A POSITIVE IMPACT ON YOUR MOOD?

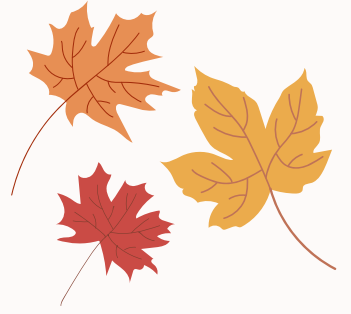
MONDAY 27

DESCRIBE A TIME WHEN YOU HAD TO TAKE A LEAP OF FAITH AND HOW IT TURNED OUT.

TUESDAY 28

ARE THERE ANY RELATIONSHIPS THAT YOU NEED TO TAKE A BREAK FROM?

October 2025



WEDNESDAY 29

WHAT ARE SOME OF THE BEST METHODS FOR TAKING CARE OF YOUR MENTAL WELLBEING?

THURSDAY 30

HOW DO YOU ENSURE THAT YOU STAY TRUE TO YOUR CORE VALUES AND BELIEFS?

FRIDAY 31

IS THERE SOMETHING IN YOUR LIFE THAT NEEDS TO BE PRIORITISED MORE?

