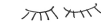




October 2021



Energy shifting ideas and Random Acts for Passionate Living

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

					Who's birthday or anniversary is it this month? Remember them with a handwritten card.	1 _Refrain from making assumptions or judging others. Do not "should" on yourself or others
3 _Make it a habit of including water and a healthy choice in your daily diet	4 _Is your sleep routine helping you?	5 Think on paper, it does wonders.	6 _Thank you. Thank every single situation.	7 _Make it a habit of including healthy choice in your daily diet.	8 _Get festive, decorate for the season or the holiday.	9 _Notice when your intuition has spoke to you.What good did it bring?
10 _Get a hold of your morning and your week, the night before. Visualize the best outcome(s).	11 _Make the appointment you've been putting off with_____.	12 _Color activates the senses: find a way to incorporate color into your day today.	13 _Send out positive energy to someone who has been on your mind recently.	14 _Compliment three strangers today.	15 _Spend the day trying to create positive energy with every- thing you say and do.	16 Unload your trunk, metaphorically. Release old hurts, grudges and stories that clog your mind.
17 _Take a couple hours to disconnect from technology and social media. Observe how this makes your mind and body feel.	18 Set positive intentions for this week in your My Daily Drive.	19 _Send a hand-written note to someone who has made a difference for you this week or this year.	20 FULL MOON _There's always time to seed new beginnings with your intentions. Today is a great day.	22 _Send information regarding upcoming local events , those you think a friend or family member might enjoy.	23 _Send a hand-written note to someone who has made a difference for you this week or this year	24 _What's your favorite Energy Shifting Idea? Please let me know.
24 _Compliment someone on an attribute of theirs, not a physical trait or item of clothing.	25 _Goodwill donation? What can you repurpose and shift out? Let some else use the energy.	26 _No. No is a complete sentence.	27 Smile at everyone you see.	28 _Sell old items and donate the profits to a good cause.	29 _Handmade customer are the best. Look around your house, what can you repurpose into a great look for 10/31?	30 Use impeccable words that empower yourself and those around you.
HALLOWEEN 31 _Fun is a type of energy. So is anger. Which ever you feed is the one that grows.	<div>Use this set of ideas to shift energy in and out of your life and watch how your creativity opens up and your intuition starts humming.</div>					<div>THE DAILY DRIVE with Denise</div>