

STILL MIND SEPTEMBER 2026

new month. new beginnings. gentle growth. ♥

progress
not
perfection
♥

breathe
reset
renew
♥

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Every day is a new chance to be proud of the progress you make.		1 You don't have to be perfect to be amazing. ♥	2 Little by little, a little becomes a lot. ♥	3  Choose peace over worry.	4 Protect your energy. ♥	5 Today is a good day to have a good day. ♥
6 Rest is not a reward, it's a need. ♥	7  LABOR DAY Take time to rest and honor your hard work.	8 You are allowed to take up space. ♥	9 Let go of what no longer serves you. ♥	10 Good things take time. ♥	11 PATRIOT DAY We remember. We honor. 	12 Make time for the things that make you happy. ♥
13 You are enough just as you are. ♥	14 A grateful heart is a magnet for blessings. ♥	15 Keep showing up for yourself. ♥	16 You're doing better than you think. ♥	17 Progress is still progress. ♥	18 Don't stop until you're proud. ♥	19 Be gentle with yourself today. ♥
20 Your only limit is your mind. ♥	21 Stay close to people who feel like sunshine. ♥	22 Choose to see the good in today. ♥	23  AUTUMN BEGINS New season, new mindset. ♥	24 You are becoming everything you prayed for. ♥	25 One step at a time. ♥	26 Do more of what makes your soul feel calm. ♥
27 It's okay to start over. ♥	28 Believe in how far you've come. ♥	29 Be a little kinder to yourself. ♥	30 You have the power to change your story. ♥	 You are growing, you are glowing, you are going in the right direction. ♥		

still mind
♥
mystillmind.com

you are
enough
♥