

30-day Challenge Ideas Month of October

October is typically a time associated with change. The change of the season, the change in the leaves, the change in activities, and the change in the clothes we wear. Change is everywhere and it's expected at this time of year. And, somehow, we tend to adjust to these changes more easily than some lifestyle changes that could actually impact our overall health and well-being. This month, pick a challenge that will make a difference in your life. Maybe it's a challenge to break a habit that you are holding onto. Perhaps trying one or more of the challenges below will put you on the path to better health and happiness. Succeeding at one can make the next one much easier. The hardest part is starting! The choice is yours.

- 1. Eliminate fast food/processed foods for at least one week.**
- 2. Quit smoking by the end of the month. Set a date, line up a support system, prepare your home, car and work to quit. You can do it!**
- 3. Do a minimum of 10-minutes of exercise every day. Aerobic, strength training, or stretching all count.**
- 4. Do at least 5 minutes of mindful reflection each day: meditate, focus on your breath, write down something positive about your day, or take the time to show kindness to someone else.**

"If you always do what you've done, you will always get what you've always gotten" -Ed Foreman

"Change the way you look at things and the things you look at change."
- Wayne W. Dyer