

A MONTH OF REST

OCTOBER IS A TIME WHEN I FEEL THE NEED FOR A MINI BREAK—A MOMENT TO STEP BACK FROM THE SHARING AND SOCIALIZING THAT FILLED SEPTEMBER. AFTER POURING SO MUCH ENERGY INTO CONNECTING WITH OTHERS, I FIND MYSELF CRAVING SOLITUDE AND A CHANCE TO REGAIN MY STRENGTH. IT'S AS IF I'VE SHARED A PIECE OF MYSELF WITH THE WORLD, AND NOW IT'S TIME TO GATHER WHAT I'VE GIVEN.

THIS MONTH FEELS LIKE A GENTLE REMINDER TO RECHARGE. I OFTEN YEARN FOR A LITTLE GETAWAY, A CHANCE TO TRAVEL, EXPLORE NEW PLACES, AND EXPERIENCE LIFE IN A DIFFERENT WAY. OCTOBER INVITES ME TO SEEK OUT THE SOURCES OF ENERGY THAT INSPIRE AND UPLIFT ME—WHETHER THROUGH NATURE, QUIET MOMENTS ALONE, OR RECONNECTING WITH FAMILY AND FRIENDS.

I EMBRACE THIS MONTH AS AN OPPORTUNITY TO GATHER STRENGTH FROM THE WORLD AROUND ME, SAVORING THE BEAUTY OF AUTUMN AND ALL IT HAS TO OFFER. WHETHER IT'S TAKING LONG WALKS IN NATURE, ENJOYING COZY EVENINGS AT HOME, OR SEEKING NEW ADVENTURES, OCTOBER IS A TIME OF REST. IT'S ABOUT FINDING BALANCE AND NURTURING MY SPIRIT SO THAT I CAN EMERGE READY TO EMBRACE THE CHANGING SEASONS AHEAD.

October
20♥25

Mo	Tue	Wed	Thu	Fri	Sat	Su
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		