

“Not too many people could walk a mile in your shoes. Only you know your struggles, challenges, and obstacles; so be proud of how far you have come.”

EDMOND MBIAKA

SEPTEMBER 2021



	SUICIDE AWARENESS MONTH	SELF IMPROVEMENT MONTH	1 SET SOME SMALL GOALS	2 COCONUT DAY	3 PLAN A HOLIDAY	4 WILDLIFE DAY
5 INTERNATIONAL DAY OF CHARITY	6 SUICIDE PREVENTION WEEK	7 TELL SOMEONE SOMETHING YOU'RE PROUD OF	8 PRACTICE TOUCH TYPING	9 TEDDY BEAR DAY	10 FIGURE OUT WHAT DISTRACTS YOU	11 GERMAN LANGUAGE DAY
12 VIDEO GAMES DAY	13 POSITIVE THINKING DAY	14 OPEN A SAVINGS ACCOUNT	15 TIDY A ROOM IN YOUR HOME	16 THINK ABOUT AN UPCOMING PROUD MOMENT (E.G. GRADUATION)	17 TRY KNITTING OR CROCHETING	18 GO ON A NATURE TRAIL
19 VISIT A RELATIVE	20 CREATE A TO-DO LIST	21 GRATITUDE DAY	22 ELEPHANT APPRECIATION DAY	23 TRY OUT A NEW SPORT	24 BUY SOME NEW SHOWS	25 TRY DOING SOMETHING CRAFTY
26 VISIT SOME GREEN SPACE	27 START A NEW COLLECTION	28 CELEBRATE SOMETHING YOU'VE ACHIEVED	29 WRITE A LIST OF MOMENTS THAT MADE YOU FEEL PROUD	30 LOVE PEOPLE DAY		