

2023

September Shift.

Change the way you look
at things and the things
you look at change.

Changing seasons.
Changing leaves.
Changing your life.


What will YOU shift this month?

This month, make
a decision to
shift something that
no longer serves you.
You are just one
decision away from
changing your life.

2
SHIFT
to a
focus on
gratitude.




3 Shift to
the positive.
Today, follow
the law of attraction.
Think about what you
want, not what you
don't.**

4 
For the rest of the
month, shift your
wake-up time by 30
minutes. Use the time
for personal
introspection

5 
Today, shift any
frowns upside down.

6 Let
it go. 
Shift to
being at peace.

7 Shift to a new
direction.
If you want to be
somewhere, you can't
get there without
shifting directions... or
you'd already be there.

8 
Speak up.
Shift from being
passive to spreading
love when you can.

9 \$
Today, shift your focus
on abundance, not
scarcity. Visualize
an abundant life!


10 Shift how you feel about
waiting. Everything
happens when it needs to
happen; everyone is always
where they need to be. You will
never miss out on what is
meant for you, even if it has to
come to you in a
roundabout way.

11 
Go outside. Shift
to bringing more
nature into your life.

12 
Shift
Your Energy
Today.
Put on a Song
and Dance Away.

13 Shift to
the positive.
Today, follow
the law of attraction.
Think about what you
want, not what you
don't.**

14 
The new moon is
tonight. Shift your
focus on new
beginnings.

15 
Catch yourself
& stop looking at what's
happened in the past.
Shift forward to
being in the
present moment.


16 Shift to
kindness.
Remove complaints
and curses for
today.

17 Shift to
the positive.
Today, follow
the law of attraction.
Think about what you
want, not what you
don't.**

18 
Shift your social
media focus. Today,
unfollow someone
who doesn't
lift you up.

19 Today shift how
you look at yourself
in a mirror. Smile at
yourself and say
only positive things!

20  HAVE FUN
Shift to a
playful
heart today.

21 
Instead of reaching for
your phone first thing
in the morning, shift
and reach for some
quiet reflection.

22 Shift to
the positive.
Today, follow
the law of attraction.
Think about what you
want, not what you
don't.**

23 Shift to
being
outside your
comfort zone
once today.

24 
Say goodbye to old
hurts today. Shift to
a forgiving heart.
Do it for you.

25 Shift your
mind's Image...
Do 5 minutes
of visualization on
your future self.

26 Shift to
the positive.
Today, follow
the law of attraction.
Think about what you
want, not what you
don't.**

27 Shift to
Loving
Yourself today.
Give yourself
nothing but
compliments.

28 Shift your
wardrobe.
Be like the fall
leaves - wear
something colorful!!

29 
Shift from
playing small to
playing big!

30 
October starts
tomorrow! BOOO!
shift from fear
to love!

** This is so important that it's worth repeating multiple days! Shift Your thinking and focus on what you want to attract!