October 2022

A Month to Believe in Magic!

Add some positivity, inspiration and hope into your life!

1 Make a commitment to get rid of fear for just this month.

2 Today, reach out to someone you haven't connected with in awhile.

3 *Treat yourself. Do something just for you today!*

4 Be real. Don't feign happiness. Today, give yourself permission to be human.

5 Expand your wisdom today. Read a book that uplifts your spirit!

6 *It's okay to show anger. Fly off the handle if you want!*

7 *If worried, take 3 deep breaths. Remember: no situation is too grave.*

8 Don't get tangled in drama today.

9 *Today is the full moon... shine on people today!*

10 Get rid of the bore-dom. Do something out of the ordinary for you!

11 Don't forget you have power! Cast your spells for good today!

12 *Be your OWN mummy today. Love that little child inside!*

13 Declutter something today. Sweep out something that doesn't lift you up.

14 Appreciate someone today. Howl their praises!

15 No secrets. Let the skeletin — or whatever you're hiding — come out of the closet.

16 *Do something totally bats#!t crazy today!*

17 Get outside for a walk today. Nature is magical!

18 *Forgive someone today.*

19 *Drink in only positive things today!* Magic Potion

20 Avoid any and all pack mentality today. Think for yourself!

21 Avoid people who suck your energy today!

22 *Don't let others kill your vibe. BE YOU!*

23 Just for today, stop worrying about the future.

24 Tomorrow is the new moon... Plan today how to love & embrace your dark side.

25 Give yourself a big "ATTA GHOUL!" today!

26 Get rid of anything poisoning your happiness. negativity

27 *Put on the hat and remind them who they are dealing with.*

28 Put your best BIG foot forward today!

29 Share one of your best crypt secrets with a close friend.

30 *Take a cat nap! Sometimes you just have to slow down and rest!*

31 Today, shine your light and lift someone up. Tell them how grateful you are for them.

the Happiness element
happinesselement.com

Camp Atta Girl!®
campattagirl.com