

# OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> STRENGTH TRAINING WITH POWERTRAIN REINDEER LIKE TO EAT BANANAS	<b>2</b> HEAD TO THE VINTAGE DRIVE IN FOR A MOVIE WITH THE FAMILY MANAGING DISTRACTIONS WHILE WORKING FROM HOME NOON – 1:00 PM	<b>3</b>
<b>4</b>	<b>5</b> MONDAY'S ARE MINI NEW YEARS FIVE PRINCIPLES TO GOVERN YOUR PROFESSIONAL LIFE NOON – 1:00 PM	<b>6</b> MEDIATION WITH DONNA BURKE <a href="#">SAUSAGE AND ZUCCHINI SKILLET</a>	<b>7</b> AS SOON AS YOU FIND YOURSELF THINKING A NEGATIVE THOUGHT, STOP YOURSELF FROM THINKING IT. DOVE BAR DAY DOWNTOWN CAMPUS NOON – 2:00 PM	<b>8</b> STRENGTH TRAINING WITH POWERTRAIN CAMELS HAVE THREE EYELIDS TO PROTECT THEMSELVES FROM BLOWING SAND	<b>9</b> HEAD TO WICKHAM FARMS FOR THEIR PUMPKINS, APPLES AND ACTIVITIES FOR THE ENTIRE FAMILY	<b>10</b>
<b>11</b>	<b>12</b> HAPPINESS IS AN INSIDE JOB HOW WILL YOU RESPOND TO THE BEAR MARKET NOON – 1:00 PM	<b>13</b> MEDIATION WITH DONNA BURKE <a href="#">PUMPKIN SPICE SNICKERDOODLES</a>	<b>14</b> KEEPING YOUR HANDS AND MIND OCCUPIED BY DOING TASKS LIKE CLEANING, SORTING, ETC. HELPS KEEP YOUR MIND OFF NEGATIVE THOUGHTS USING THE DISC MODEL NOON – 1:00 PM	<b>15</b> STRENGTH TRAINING WITH POWERTRAIN DOLPHINS SLEEP WITH ONE EYE OPEN THE POWER OF LINKED-IN NOON – 1:00PM	<b>16</b> DRIVE OUT TO LETCHWORTH PARK AND SEE THE BEAUTIFUL FALL FOLIAGE AND GET A HIKE IN TOO	<b>17</b>
<b>18</b>	<b>19</b> WE RISE BY LIFTING OTHERS	<b>20</b> MEDIATION WITH DONNA BURKE <a href="#">SWEET POTATO AND GROUND TURKEY CHILI</a>	<b>21</b> MINIMIZING CONTACT WITH NEGATIVE PEOPLE AND AVOID NEGATIVE TRIGGERS CAN HELP YOU STAY SANE AND POSITIVE USING THE DISC MODEL NOON – 1:00 PM	<b>22</b> STRENGTH TRAINING WITH POWERTRAIN AVERAGE PERSON WILL SHED 40 LBS. OF SKIN IN THEIR LIFETIME	<b>23</b> HEAD TO BRISTOL MOUNTAIN FOR ONE OF THEIR FALL SKY RIDES EFFECTIVE ZOOM MEETING FACILITATION NOON – 1:00 PM	<b>24</b>
<b>25</b>	<b>26</b> TODAY, THINK ABOUT ALL YOU ARE INSTEAD OF ALL THAT YOU ARE NOT	<b>27</b> MEDIATION WITH DONNA BURKE <a href="#">GARLIC BUTTER MEATBALLS AND LEMON ZUCCHINI NOODLES</a>	<b>28</b> LACK OF SLEEP GREATLY AFFECTS YOUR MOOD, CAUSING YOU TO FEEL ANXIOUS, IRRITABLE, AND ANGRY IMPACT OF STORY TELLING IN A VIRTUAL WORLD NOON – 1:00 PM	<b>29</b> STRENGTH TRAINING WITH POWERTRAIN BATS ALWAYS TURN LEFT WHEN EXITING A CAVE LEGACY PLANNING FOR THE GENERATIONS NOON – 1:00 PM	<b>30</b> GET CREATIVE WITH YOUR PUMPKIN CARVING WITH THESE <a href="#">TEMPLATES</a>	<b>31</b> 

