

## **Savor Life October**

Thanks for joining us on our tour of 31 days to make an intention to Savor Life. If you are just finding us, you will find the days we've enjoyed so far all listed here.



### **Day 10 Thank you**

We all have blessings in our life. They are big and small, hidden and in plain sight, and all of them deserve a sincere thank you. So go out into the big, bad, awesome world and be full of thankfulness. So when something amazing happens like a fellow commuter lets you into traffic, you'll be ready to roll down the window and shout out: Thank you!!!



## Day 9: Send A Note

"A letter is a blessing, a great and all-too-rare privilege that can turn a private moment into an exalted experience."

— Alexandra Stoddard

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### Day 9 Send a note

Take a minute and decide on one person to whom you want to send a note. It can be about anything you want. Tell someone that you love them, appreciate them or let them know something that you really admire about them. It doesn't have to be long or poetic prose just let it come from the heart. Then address it, stamp it and put that little sunshine-gram in the mail. Yes, snail mail!! You can do it.



## **Day 8: Journal**

"Whether you're keeping a journal or writing as a meditation, it's the same thing. What's important is you're having a relationship with your mind."

Natalie Goldberg

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## **Day 8 Journal**

Write it down, savor it, keep it. Today, even if you don't have a journal, write down something that happened today, or recently, that you want to remember. Even if you think you won't forget it, write it down. Put into words how you felt, where you were, even what you were wearing. And even if you write your mini-memoir on the back of an envelope or paper napkin put it someplace for safe-keeping that you can go to later and remember ... and hopefully, smile.



## Day 7: Laughter

Carry laughter  
with you wherever  
you go.

~Hugh Sidey

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### Day 7 Laughter

Laughter is good medicine. We all know that it's true. After you've had a good, long laugh that brought you to tears, nearly caused you to spit out your drink or have an "accident" you think to yourself, "Ah, that felt good!"

Today, seek out the people, movies, situations that cause you to have a belly laugh. Watch "The Hangover" or "Bridesmaids" or whatever your laughter-inducing choice and revel in it.



## Day 6: Quiet

With an eye made quiet by the  
power of harmony, and the  
deep power of joy, we see into  
the life of things.

-William Wordsworth

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### **Day 6 Quiet**

Quiet is not something that most of us get very much of or even think to cultivate in our lives. Having a few moments in each day of quiet allows us to reflect, think, or just be in our own space without expectation. Today, allow yourself the opportunity of quiet for as long as you want or as long as you can stand, however you'd like to think about it.

### **Day 5: Kindness**

"...every day you should reach out and touch someone.

People love a warm hug, or just a friendly pat on the back."

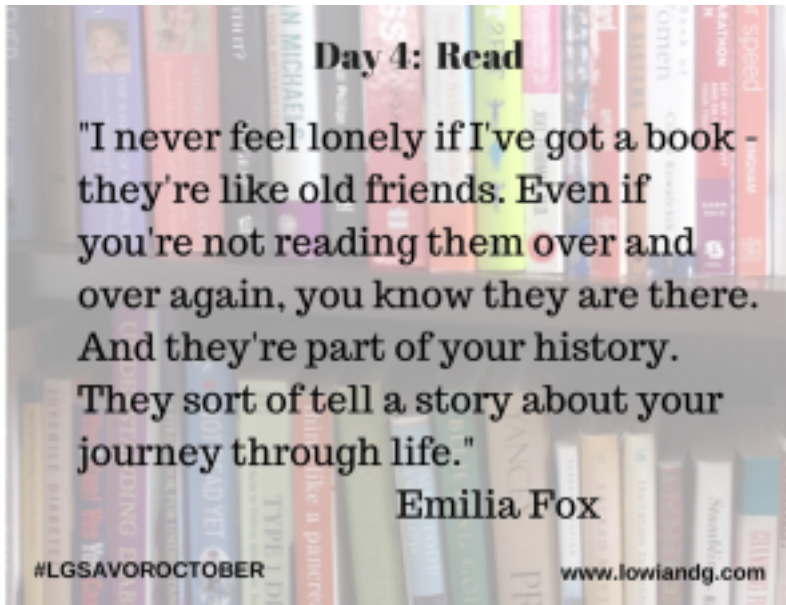
- Maya Angelou

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### **Day 5 Kindness**

Connect today with the kindness of your heart. Choose the best way that you would like to express kindness whether that's toward another person, yourself or your family pet.



## Day 4 Reading

There is nothing like cooler weather that creates the desire to snuggle under a blanket and have some quiet time. What better opportunity to grab your latest, favorite read or a new one to carry you away to a whole new experience.



### **Day 3 Food**

Fall weather brings with it signature flavors like pumpkin, cinnamon or warm soups and stews. What are your favorite flavors of fall? Take some time today to enjoy one of them or try something new.



**Day 2: Meditation**

"The Thing About  
Meditation is: You  
Become More and  
More YOU."

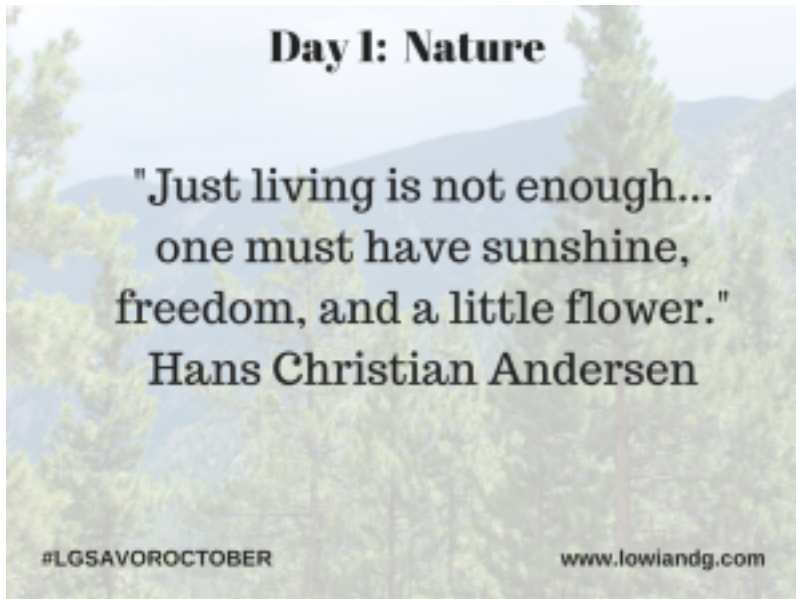
David Lynch

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## **Day 2 Meditation**

Today, spend some time in meditation, quiet reflection or whatever you'd like to call it. Consider this a moment to be still and take in all the awesomeness of your life or just a nice brain break. Enjoy!



## **Day 1 Nature**

We encourage you to take a walk out in nature to savor the trees, flowers, fresh air and hopefully, sunshine. Your walk can be as brief or as long as you like.