

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 29 Stretch

Spend a few minutes today just stretching and being present in your body. We often neglect this outer shell we walk around in all day, every day. Give it a little love and stretch out all the rough edges.

Day 28: Reach Out

"Sometimes, reaching out and taking someone's hand is the beginning of a journey.

At other times, it is allowing another to take yours."

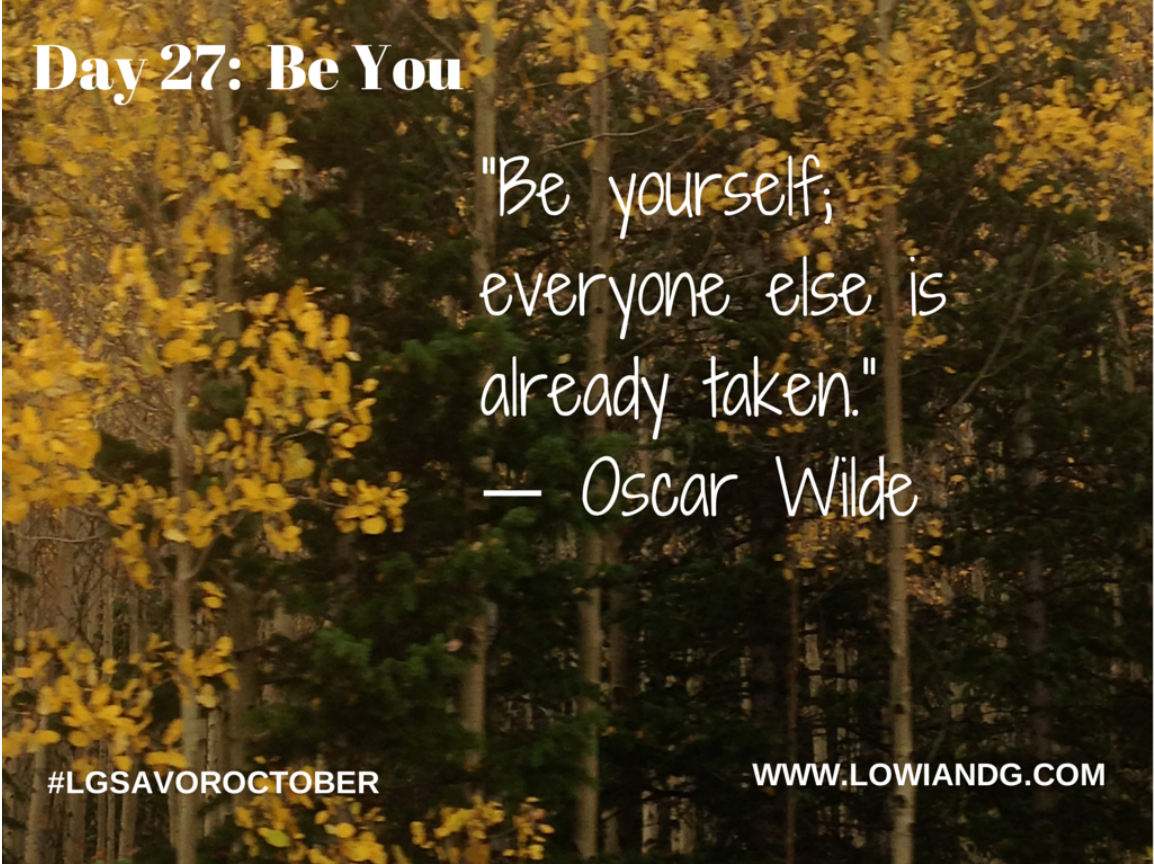
— Vera Nazarian

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Day 28 Reach Out

Extend yourself today in a way that maybe you wouldn't normally. Reach out into the world and share a kind word to a stranger, help someone with groceries or any other way that is expanding out of your comfort zone. We are confident you'll come back after with great experiences to share.



Day 27: Be You

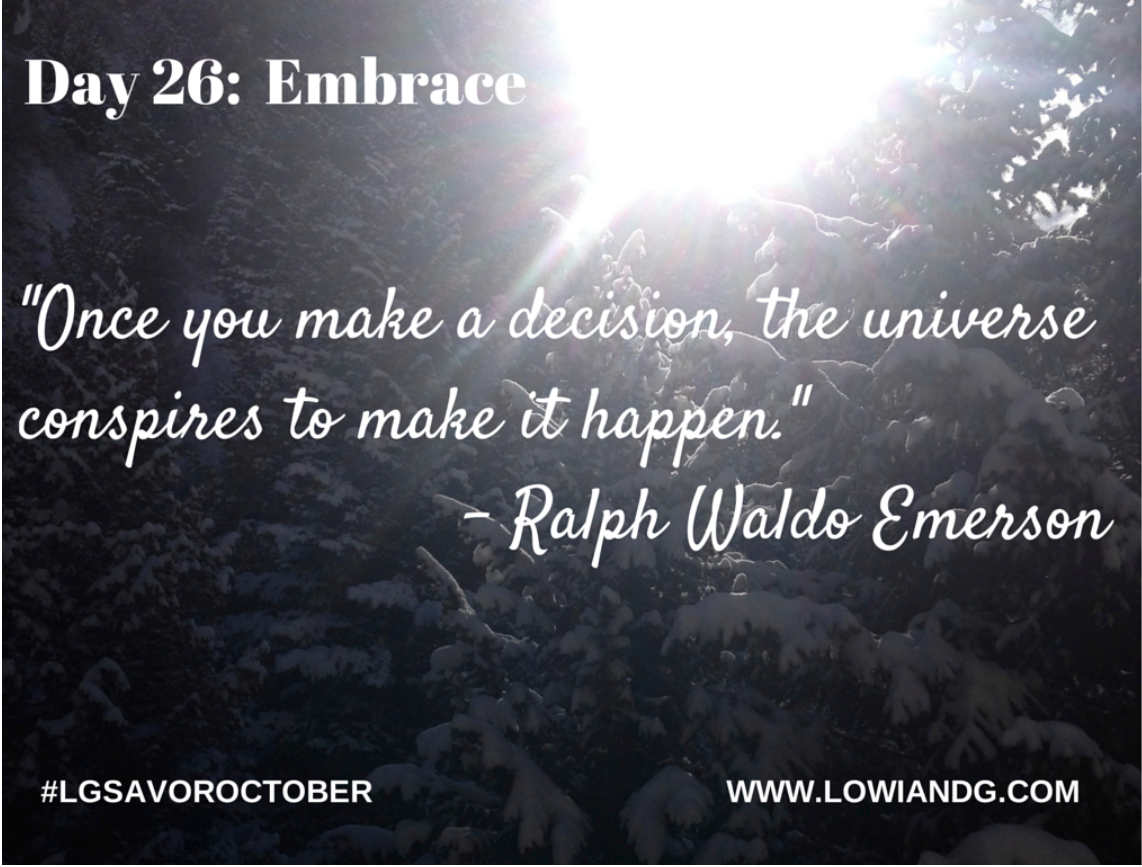
"Be yourself;
everyone else is
already taken."
— Oscar Wilde

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Day 27 Be You

Take a moment before you go out into your day and reflect on all the ways that you limit yourself from being real. Go into your life and give yourself permission to just Be You! It's the person we want to meet!



Day 26: Embrace

"Once you make a decision, the universe conspires to make it happen."

- Ralph Waldo Emerson

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Day 26 Embrace

Take this one in any direction you like. Think about it as embracing life and doing something today that really embodies that notion. Or you can keep it simple and embrace a loved one in a meaningful hug. Be present in it and let them know they are important.



Day 25: Show Up

"No matter how
you feel, get
up, dress up
and show up."

-Regina Brett

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Day 25 Show Up

Sometimes we forget to show up in our lives. And by, show up, we mean show your full awesomeness to the world. In certain situations, or possibly many, we stand back and don't tell the full story of who we are and what we can do. In other cases, we are so bogged down by life, responsibilities and concerns that we are just going through the motions, ticking off the next box and not really showing up for ourselves or the others in our lives. It's like you fall into both camps.

Day 24: Love

*"And in the end, the love
you take is equal to the
love you make."*

The Beatles

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Day 24 Love

All You Need Is Love. If the Beatles said it, well then it must be true, right? You lovelies don't need our guidance on this one. Go forth, Love, and let us know what happened!



Day 23: Joy

"Joy seems to me a step beyond happiness. Happiness is a sort of atmosphere you can live in sometimes when you're lucky. Joy is a light that fills you with hope and faith and love."

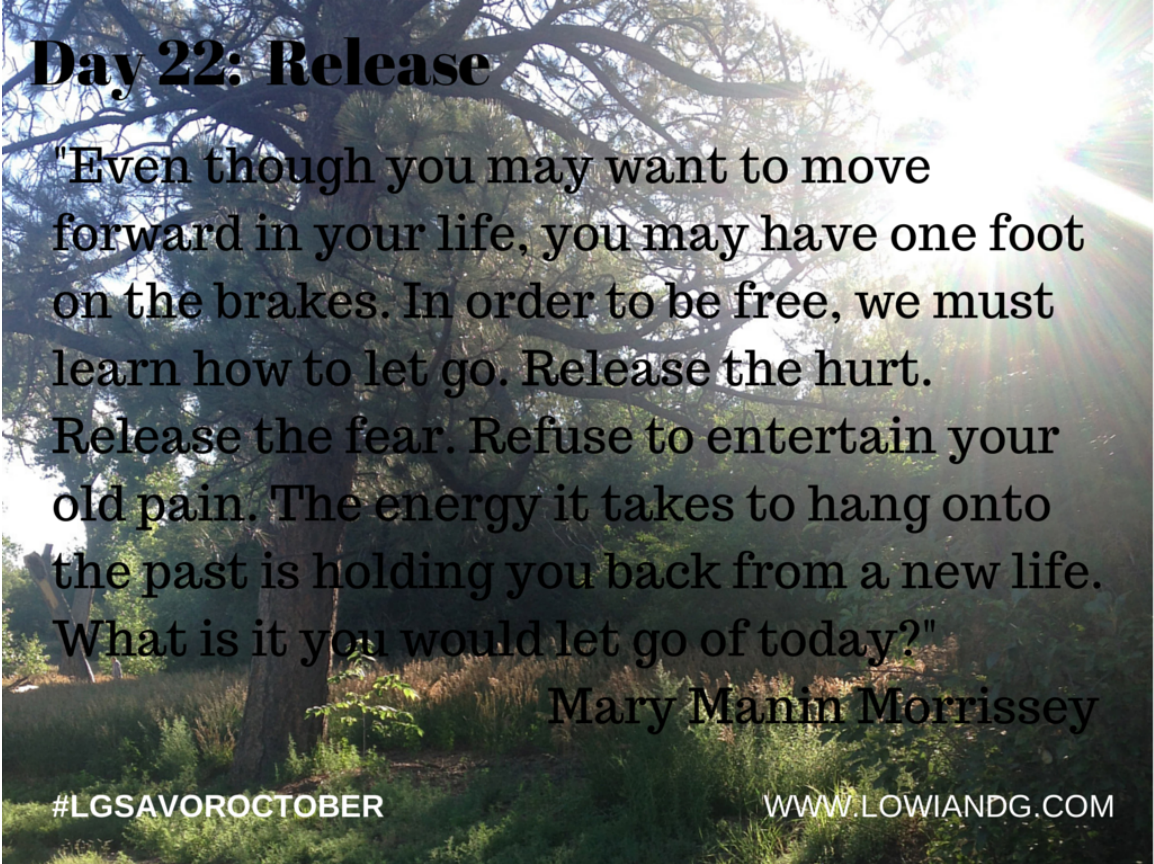
Adela Rogers St. Johns

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Day 23 Joy

Be a joy seeker today. Go out and look for joy and then really feel it. Honestly roll around in the feeling of being joyful. We hear it's contagious to try to spread as much joy around as you can. Don't forget to report back. We love to hear all about it.



Day 22: Release

"Even though you may want to move forward in your life, you may have one foot on the brakes. In order to be free, we must learn how to let go. Release the hurt. Release the fear. Refuse to entertain your old pain. The energy it takes to hang onto the past is holding you back from a new life. What is it you would let go of today?"

Mary Manin Morrissey

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Day 22 Release

Let Go! Whatever is holding you back, hemming you in, or stopping you from being as joyful and happy as you can be — Surrender It Today! Release... it's good for you.

Day 21: Faith

"Faith is the bird that feels the light when the dawn is still dark."

Rabindranath Tagore

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Day 21 Faith

Today, be full of faith. Have faith in yourself, your abilities, and the gifts that only you can share with the world. If you are a prayerful person, take time for your religious faith as well. Spend time in meaningful prayer and holding space for that part of your life, not just today but EVERY day.

Day 20: Receive

"Giving opens the way for receiving."

Florence Scovel Shinn

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Day 20 Receive

If you are participating in this experience with us, yesterday's "lens" of giving was likely natural, easy and not all that much of a challenge. Today, however, we are pushing the envelope. Receiving can be a different story. Even if you are reluctant, scared or feeling vulnerable: receive anyway. When someone opens the door for you, graciously accept. If you get an unexpected offering, take it in with open arms and resist the urge to say: You shouldn't have! Breathe it in and remember that when you receive you allow the other person to feel as good as you did yesterday giving. Everyone has a part to play. Sometimes it's to give. Sometimes it's to receive.

Day 19: Give

*"You give but little when you give
of your possessions.*

*It is when you give of yourself
that you truly give."*

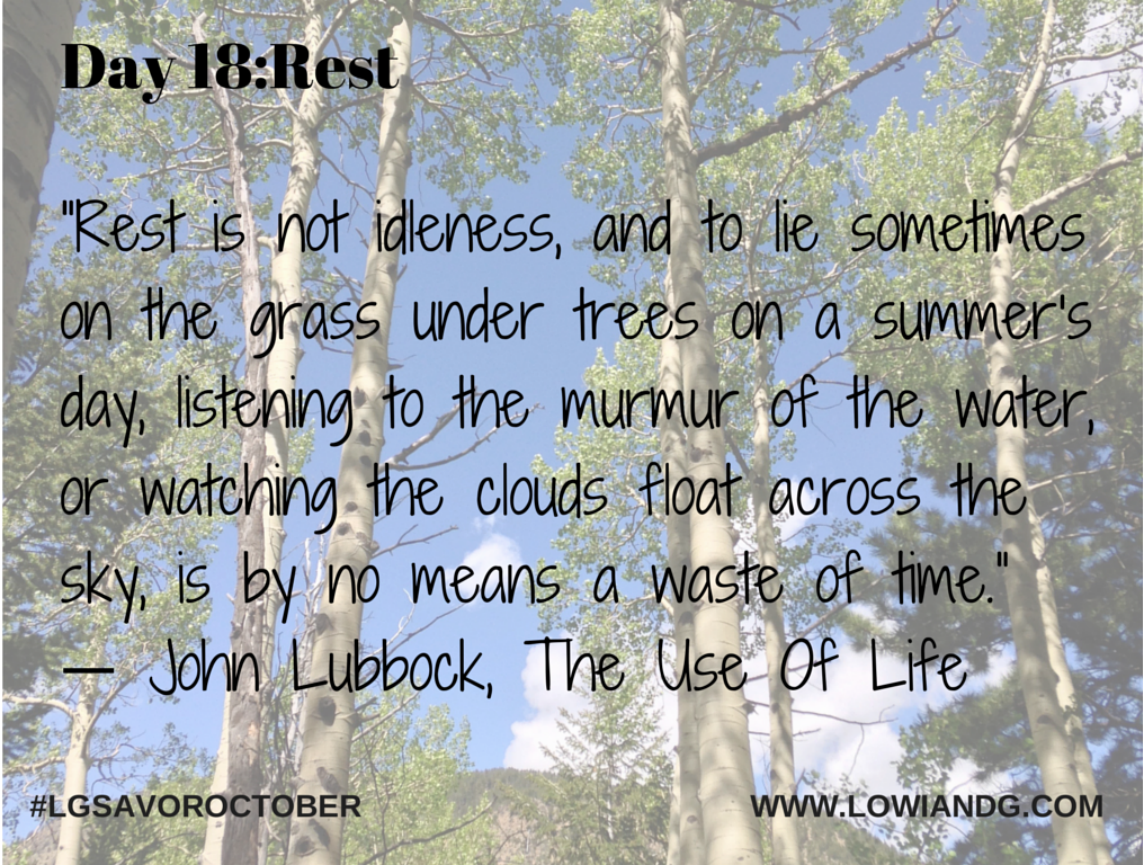
— Khalil Gibran, The Prophet

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Day 19 Give

Today, give of yourself, your expertise, your time, experience or attention. All are valuable commodities and likely needed by someone in your life. Sleuth out who might need what you have to give. Then give freely, just because you can, without expectation of reciprocation or obligation. Give to be a giver.



Day 18: Rest

"Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time."

— John Lubbock, *The Use Of Life*

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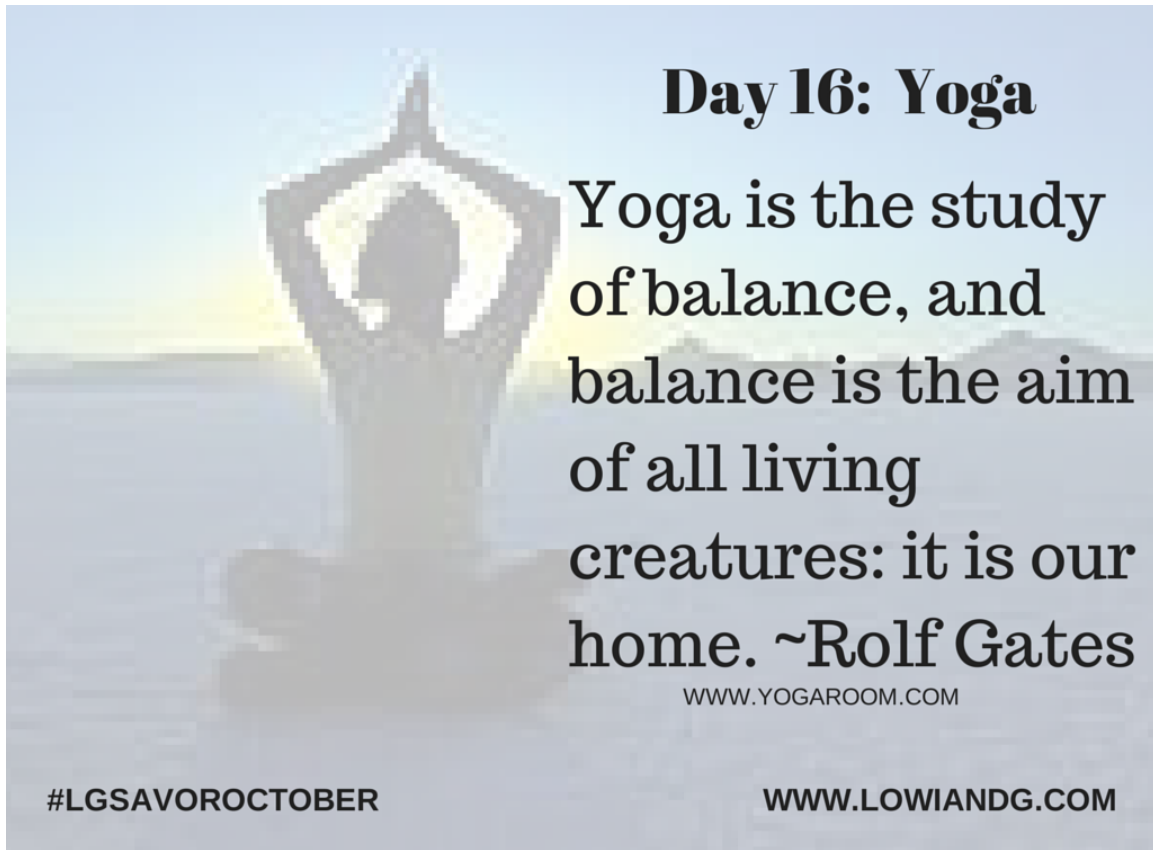
Day 18 Rest

Give yourself a break and rest. This can be a mental break, physical break... whatever you need it to be. The last couple of days we've talked about moving your body. Equally important is fully resting it. Interpret rest anyway you want and let us know how you enjoyed it.



Day 17 Move

Beware the chair! That's great advice although not always entirely possible. Today, move the body your momma gave you. You can dance, walk, run, electric slide, whatever works for you.



Day 16: Yoga

Yoga is the study of balance, and balance is the aim of all living creatures: it is our home. ~Rolf Gates

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Day 16 Yoga

Don't let the word scare you if you are not a "yoga person." First off, if you are a person, you ARE a yoga person. But secondly, this can be anything you want it to be. Gentle stretching, intuitive movement or mindful meandering can be your yoga today. See what happens.

Day 15: Turn your phone off

"One look at an email can rob you of 15 minutes of focus. One call on your cell phone, one tweet, one instant message can destroy your schedule, forcing you to move meetings, or blow off really important things, like love, and friendship."

Jacqueline Leo

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Day 15 Phone off

This might be a tough one for some of us, or ALL of us, today. Part of the reason we miss out on our opportunities to "savor life" is that we are looking at our phones. Today, pick an amount of time that feels right for you and disconnect. Don't answer the phone, send or read texts, check out Facebook or Instagram for some length of time. See what you notice. See what you may have missed or not fully experienced had you been looking at your phone.

Day 14: Random Acts of Kindness

“When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace.”

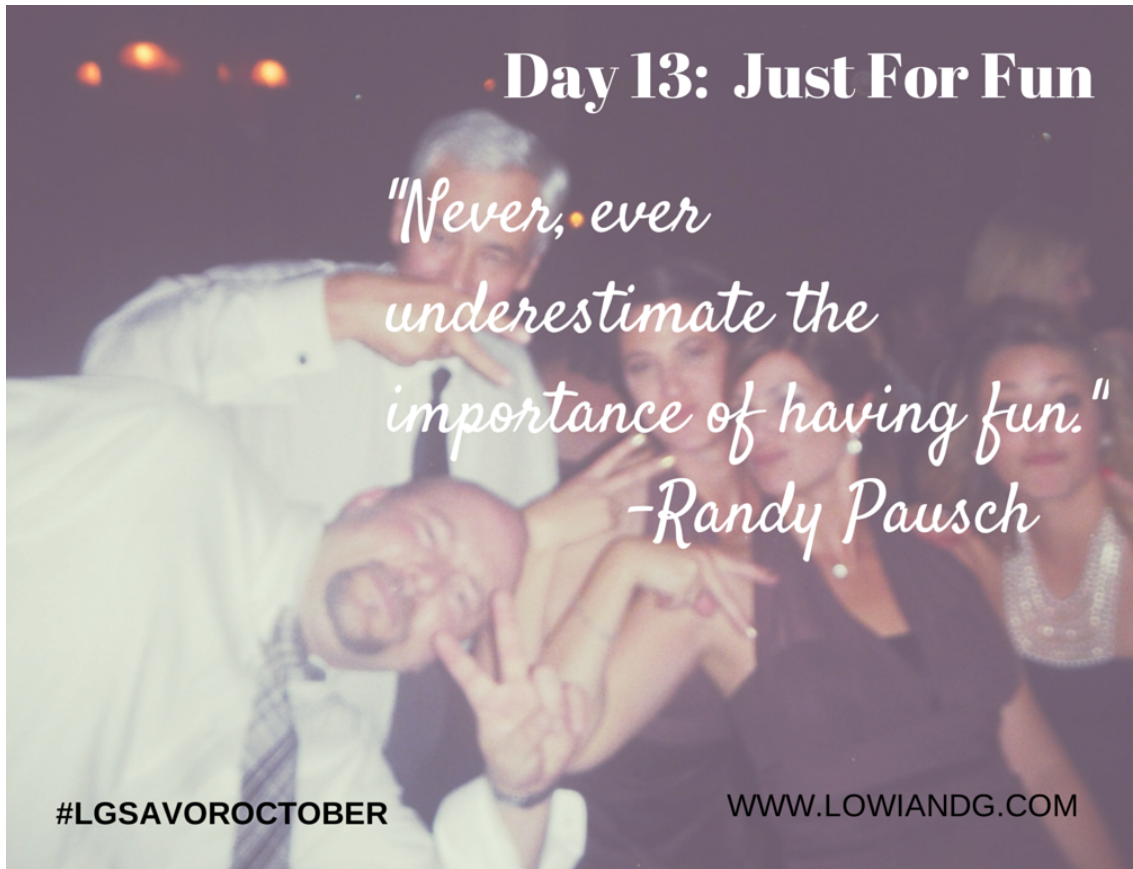
—The 14th Dalai Lama (1935)

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Day 14 Random Acts

Without reason, purpose or prompting go out and commit random acts of goodness in your world. Do a random act of good for any person, group or cause you like. Be as random as you choose and good as you can.



Day 13 Just for Fun

Productivity and purpose have their place but fun has a place in our hearts. Fill your heart and your activities today with fun. Bring hula-hoops to the office, give free hugs at Starbucks or create whatever brand of fun you like, wherever you go. Just for fun, be fun!



Day 12 Friendship

Friends are often called the family that you choose. Let's celebrate our chosen family today by giving one of your friends a call, sending a little memento of appreciation or thinking of them and sending love. Any way that you want today, celebrate the joy that is friendship.

Day 11: Lunch

"It is more fun to talk with someone who doesn't use long, difficult words but rather short, easy words like, "What about lunch?"

Winnie The Pooh

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Day 11 Lunch

Let's do lunch! We all say it. Sometimes we follow through and sometimes we don't. Today, think of someone you've been meaning to "lunch" with, and give them a call, text or email and make a plan. Do lunch and have fun!



Day 10: Thank You!

"If the only prayer you
said was THANK YOU
that would be enough."
-Meister Eckhart

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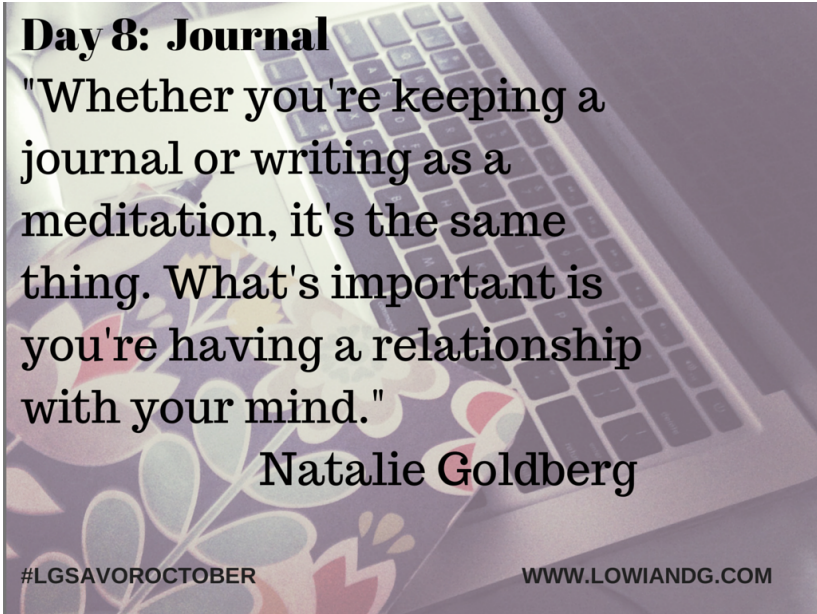
Day 10 Thank you

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

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.

A close-up, slightly angled view of a laptop keyboard. The keys are dark, and the background is a soft, out-of-focus purple and blue. Overlaid on the bottom left of the image is a stylized floral pattern in shades of pink, red, and white. The text is overlaid on the top left of the image.

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

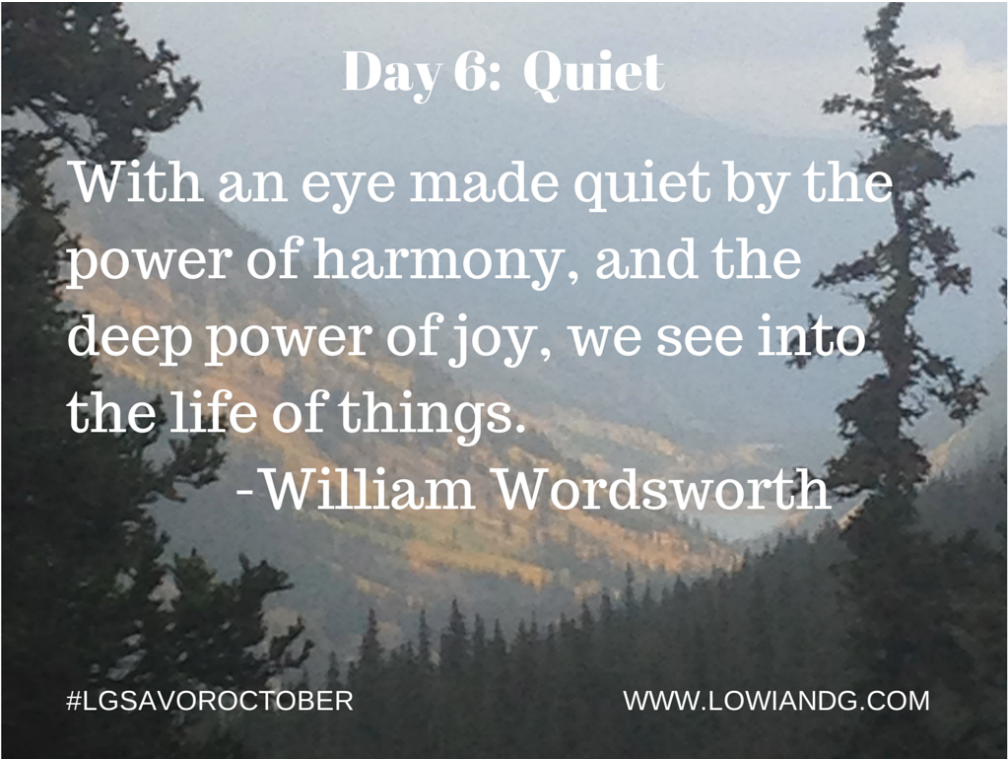
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Day 7 Laughter

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.

A woman wearing a hat and sunglasses is hugging a young child from behind. They are standing in front of a wooden cabin with a gabled roof. Other people are visible in the background, and the scene is set in a wooded area.

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."

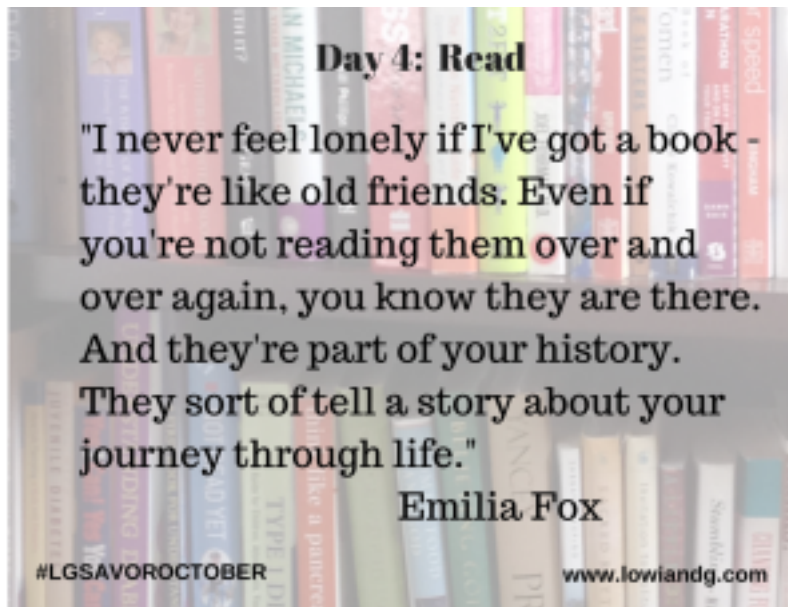
- Maya Angelou

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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."

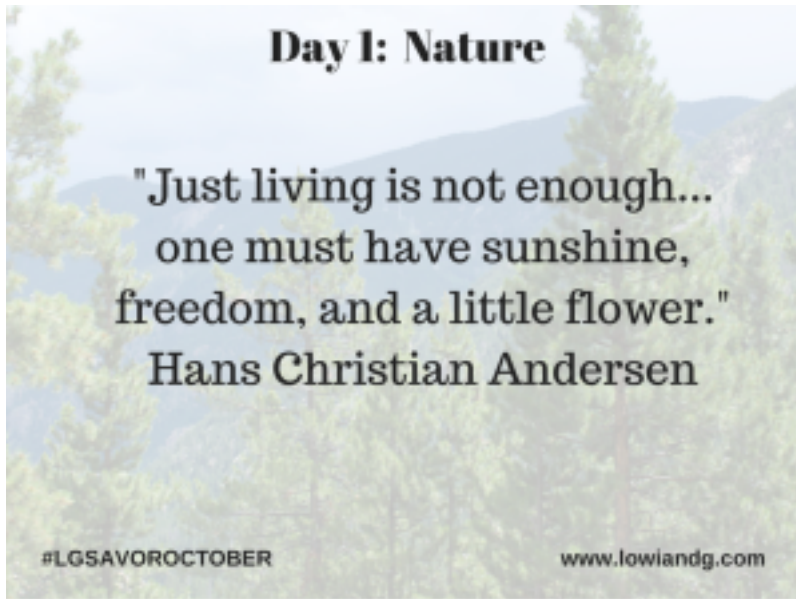
David Lynch

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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.