



# OUTSTANDING OCTOBER

Encouraging others to "Shout-Out" to those who **stand out** or **stood up** to make a positive difference

Week Day	Thoughtful & Thankful Process	Examples
<b>Selfie Sunday</b> 7th, 14th, 21st, 28th	<b>Being grateful for everything that our mind &amp; bodies allows us to do.</b> <i>What do I love about myself that allows me to:</i>	<ul style="list-style-type: none"> <li>✓ Do what I love</li> <li>✓ Express myself</li> <li>✓ Be unique</li> <li>✓ Care for others</li> <li>✓ Care for myself</li> </ul>
<b>Motivating Monday</b> 1st, 8th, 15th, 22nd, 29th	<b>Finding that drive within ourselves to do something great.</b> <b>Thanking those who have supported our dreams and realizing why we should be supporting others to do well.</b> <i>What has someone(s) done to make me feel:</i> <i>What have I done to empower someone else to be:</i>	<ul style="list-style-type: none"> <li>✓ Encouraged</li> <li>✓ Driven</li> <li>✓ Inspired</li> <li>✓ Energized</li> <li>✓ Bright (like a diamond)</li> </ul>
<b>Totally Tuesday</b> 2nd, 9th, 16th, 22nd, 29th	<b>Welcoming the idea of positively transforming our ever-evolving communities to become more encouraging environments.</b> <b>Appreciating community-based health infrastructures.</b> <i>What does my community have that encourages public welfare:</i> <i>How have I encouraged my community to be a more positive place:</i>	<ul style="list-style-type: none"> <li>✓ Schools, parks, centers</li> <li>✓ Public health officers</li> <li>✓ Advocacy walks/runs</li> <li>✓ Community programs</li> <li>✓ Volunteerism</li> </ul>
<b>World Wednesday</b> 3rd, 10th, 17th, 24th, 31st	<b>Recognizing our global connection - because of others in our global community we are provided the opportunity to live fuller, richer lives.</b> <i>What has someone(s) done, perhaps indirectly, to make my life:</i> <i>What have I truly done to make the world:</i>	<ul style="list-style-type: none"> <li>✓ Safer</li> <li>✓ Resourced</li> <li>✓ Open-minded</li> <li>✓ Cultured</li> <li>✓ Clean (Environment)</li> </ul>
<b>Thankful Thursday</b> 4th, 11th, 18th, 25th	<b>Learning how to recognize positive actions both small and great and showing outward appreciation to help broadcast positivity.</b> <i>What can I do to show my appreciation today?</i> <i>What small things am I thankful for?</i> <i>Who am I so grateful to have in my life?</i>	<ul style="list-style-type: none"> <li>✓ Send a (+) text/letter/e-mail</li> <li>✓ Smile ☺</li> <li>✓ Make someone laugh</li> <li>✓ Say thank you</li> <li>✓ Give a hug</li> </ul>
<b>Family Friday</b> 5th, 12th, 19th, 26th	<b>Giving love and support to those who we are connected to on an intensely close level, biological or not.</b> <i>How has my family shown me support:</i> <i>How have I supported a family member:</i>	<ul style="list-style-type: none"> <li>✓ Emotionally</li> <li>✓ Financially</li> <li>✓ Affectionately</li> <li>✓ Patiently</li> <li>✓ In best interest</li> </ul>
<b>Squad Saturday</b> 6th, 13th, 20th, 27th	<b>Showing appreciation for friendships that are supportive of us when we cannot support ourselves, those that facilitate positive growth through constructive criticisms, and display characteristics we admire.</b> <i>What has my friend(s) done to make me feel:</i> <i>What have I done for my friends to make them feel:</i>	<ul style="list-style-type: none"> <li>✓ Supported</li> <li>✓ Loved</li> <li>✓ Comfortable</li> <li>✓ Complete</li> <li>✓ Like a kinder, selfless person</li> </ul>

The purpose of **OUTSTANDING OCTOBER** is to challenge ourselves to recognize the positive aspects of our own and other people's lives to encourage a culture of positive thoughts and behaviors.

Some Thoughts:

**If someone else displays kind thoughts and behaviors, how do you reinforce those positive actions?**

*By acknowledging them and showing outward appreciation so they certainly know!*

**Why keep positive thoughts inside?**

**Why not learn how to encourage others to do good deeds?**

**Why not bring more happiness to yourself and your community?**

*Everyone benefits from genuine gratitude.*

This calendar is formatted by week day. We start by showing appreciation for ourselves. Then we move to others, our community, the world, the general topic, and then back to our family and friends.

CROSS OFF the day of the week when you've completed the task:

**If you enjoy a little competition:**

**5 pts** Displaying outward appreciation for the theme of the day

**1 pt** For each additional non-theme day text, letter, e-mail...sent to family, friend, stranger, peer...

**10 pts** Sharing challenge with others

**10 pts** Using some platform (social media, community event) to spread gratitude on a wider scope

~ See how great you are at radiating gratitude and kindness to EVERYONE ;) Explore sharing gratitude to those outside of your close circle! ~