



Did You Know?

September 2016

There's a good chance that throughout any given month, week, or even day, you think to yourself "*I should...*"

You think, "*I should* get more sleep, keep up on household chores, read a book, quit smoking, take time to exercise, learn a new language, spend more time with your kids. Whatever your "*I should...*" thought is, this is the time to actually buckle down and do it, because September is National Self Improvement Month.

National Self Improvement Month is a time to make positive changes in your life. As we transition from those fun-filled, steamy summer days, to a more structured fall schedule, take a few minutes to reflect on a change you would like to make in your life. Whether the change is big or small, take this month to do one thing that improves your quality of life.

Make Your Plan for Happiness:

- Identify one, obtainable change you would like to make in your life.
- Write it down.
- Take a moment to envision how your life would improve if you made this one small change.
- Make a list of the necessary steps you would need to take to help you make that change.
- Give yourself a timetable:
 - "I will read one new book a month."
 - "By October 1st, I will have purchased a gym membership and attended at least twice."
 - "I will clean the house every Sunday."
 - "My quit smoking day is December 1st."
- Next, gather support from family and friends.
- Keep yourself accountable. Complete daily or weekly check-ins with yourself to ensure you are on track.
- Write in a journal or diary to monitor your improvements.
- Share your successes!
- Don't get too down on yourself if you get off track; just stay positive and get right back on track!

"If we don't change, we don't grow. If we don't grow, we aren't really living." -Gail Sheehy