

Kimberly DuBrul Coaching

YOU. AT YOUR BEST.

YOUR SEPTEMBER 2020 CHECKLIST



Here are some ideas of some things to do in September - a great time for a fresh start!

- Get outdoors everyday, as early as possible.
- Take an online yoga class.
- Take a class to celebrate back to school time!
- Buy new "school" supplies
- Start a new journal
- Set a goal to read at least one fiction and one non-fiction book.
- Have a family game night.
- Put your legs up the wall every night before bed, while listening to something inspiring.
- Try a new place for take out- at least once.
- Celebrate something- and create a new way to do it.
- Make a financial plan for between now and the end of the year
- Observe the phases of the moon and learn how they impact your life.
- Create a Sunday Sabbath Day- make your own rules.
- Learn to meditate or become more consistent.
- Offer to help someone.
- Do a random act of kindness.
- Be present and excellent at whatever you are doing at any given time.
- Invest in a new top or two for looking sharp on zoom meetings/classes.
- Be bold and take a step toward doing something you've always wanted to do.
- Do an online retreat.
- Organize one closet or room.
- Give stuff away.
- Learn what your strengths are and start to use them on purpose.
- Make a self care plan.
- Make a dream book.
- Lower your cell phone usage.
- Take a local road trip or two.
- Thank people, in writing, who you may have been taking for granted.
- If you have a project that has been dangling, finish it or make a solid plan to finish it.
- Watch funny movies, even the ones you've watched many times before.
- Forgive someone and/or yourself.
- Set a new boundary (or two!)
- Spend time getting in touch with your spirit, sitting still and just listening.
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The purpose of this list is to get you thinking- pick and choose, add and make a great plan for September. Put these things into your calendar so that they WILL happen.



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