


October 2023

Filipino American History Month

1	2	3	4	5	6	7
What do you want to accomplish over the next 6 months?	Listen to calming music and focus on the sound for 10 minutes	Experiment with a meatless meal	Learn about the experiences and contributions of Filipino Americans.	Dance to your favorite music for 15 minutes.	Hold the door open for someone.	Take a nap or rest without feeling guilty.
8	9	10	11	12	13	14
Break down a long-term goal into smaller, achievable steps.	Practice a body scan meditation to connect with physical sensations.	Swap a sugary drink for herbal tea or water.	For a taste of Filipino cuisine, try some tasty Chicken Adobo!	Go for a bike ride in a nearby park.	Make a homemade gift for a friend or family member.	Create art or engage in a creative hobby.
15	16	17	18	19	20	21
Share your goals with a friend or family member for accountability	Spend time in nature and observe the sights and sounds.	Make a homemade smoothie with fresh fruits and vegetables.	Read a book written by a Filipino author	Join a friend for a workout session.	Offer to help a family member or neighbor with a task.	Spend quality time with a pet or loved one.
22	23	24	25	26	27	28
Reflect on October's goals and prepare for November.	Light a scented candle and focus on the aroma.	Try cooking with a healthy fat like olive oil or avocado.	Learn about the contributions of Filipino Americans to the Farm Labor Movement	Try a yoga or Pilates class.	Donate gently used clothing or toys to a local charity.	Treat yourself to a favorite treat or meal.
29	30	31				
Review and celebrate your progress this month.	Engage in a mindful coloring or drawing activity.	Before an evening of candy, enjoy a balanced breakfast to start the day right.				