


## CALENDAR OCTOBER 2025

| MONDAY                                                                        | TUESDAY                                                                         | WEDNESDAY                                                                                        | THURSDAY                                                                                   | FRIDAY                                                                                           | SATURDAY                                                                                                                    | SUNDAY                                                      |
|-------------------------------------------------------------------------------|---------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|
|                                                                               |                                                                                 | 1<br><a href="#"><u>What is impostor syndrome?</u></a>                                           | 2<br><a href="#"><u>Have you ever felt you were not enough? Watch this</u></a>             | 3<br>Have you ever dismissed positive feedback? When? Why?                                       | 4<br>Watch these two TED Talks about Impostor Syndrome<br><a href="#"><u>Thinking your way out of impostor syndrome</u></a> | 5<br><a href="#"><u>Letting Go of Impostor Syndrome</u></a> |
| 6<br>Have you ever dismissed positive feedback? When? Why?                    | 7<br>Define what success means to you without including the approval of others. | 8<br><a href="#"><u>Infographics about The Impostor Syndrome</u></a>                             | 9<br><a href="#"><u>Imposter Syndrome is actually a GOOD thing.</u></a>                    | 10<br><a href="#"><u>World Mental Health Day.</u></a>                                            | 11<br>Watch this documentary<br><a href="#"><u>Mentality   Mental Health Documentary.</u></a>                               | 12                                                          |
| 13<br>What is willpower? Find out <a href="#"><u>here</u></a>                 | 14<br>Is willpower a limited resource? Find out <a href="#"><u>here</u></a>     | 15<br>Huberman Lab. <a href="#"><u>How to increase willpower</u></a>                             | 16<br>TED Talk: <a href="#"><u>Motivate yourself with visions, goals and willpower</u></a> | 17<br><a href="#"><u>The Willpower Instinct   Kelly McGonigal   Talks at Google</u></a>          | 18<br><a href="#"><u>Watch this Documentary about Will Power</u></a>                                                        | 19                                                          |
| 20<br><a href="#"><u>Prompt to start celebrating Body Acceptance Week</u></a> | 21<br><a href="#"><u>Meditation for Body Acceptance and Appreciation</u></a>    | 22<br>TED Talk: <a href="#"><u>Create a Legacy of Body Acceptance</u></a>                        | 23<br><a href="#"><u>Body acceptance week</u></a>                                          | 24<br><a href="#"><u>Body Positivity or Body Obsession? Learning to See More and Be More</u></a> | 25<br>Watch some of these <a href="#"><u>Movies that deal with body image/eating disorders</u></a>                          | 26                                                          |
| 27<br><a href="#"><u>Why Do People With Anxiety Love Halloween?</u></a>       | 28<br><a href="#"><u>Halloween Can Impact Mental Health</u></a>                 | 29<br><a href="#"><u>The Catharsis of Watching Scary. Movies: Fear, Trauma &amp; Healing</u></a> | 30<br><a href="#"><u>The Skeletons in My Closet   TEDx</u></a>                             | 31<br><b>Happy Halloween!</b><br><a href="#"><u>What do we celebrate?</u></a>                    |                                        |                                                             |

