

ELEVATE CALENDAR SEPTEMBER 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|--|---|--|--------|
| 1 What is FLOW? | 2 Who was the Father of Flow? | 3 How to enter 'flow state' on command? | 4 The 4 Fs of Flow | 5 Google Doodle of Mihaly Csikszentmihalyi (1938 - 20021) | 6 Watch "Soul" a Disney Pixar Movie that explores the "State of Flow". Write a short review | 7 |
| 8 Read The 'flow state': Where creative work thrives | 9 Listen to Cultivating Creativity and finding Flow | 10 Do you experience flow regularly? Why? Why not? | 11 Which activities bring you flow? activities? | 12 What body sensations do you notice when you are in a state of flow? | 13 Watch Whiplash , a young jazz drummer's relentless pursuit of perfection. Reflect on its message. | 14 |
| 15 Read Exploring Personal Freedom in the Season of New Beginnings | 16 Watch Begin Your Day with the POSITIVE ENERGY of Healing | 17 Read How Can Springtime Bring Positivity into Your Life? | 18 Sing along Ed Sheeran Spring | 19 Read: The Return of Spring: Embracing Optimism and Growth | 20 Celebrate Spring Day by appreciating nature. Stay barefoot on the earth to feel grounded. Set shorter goals for this season. | 21 |
| 22 What is awe? | 23 Listen to The Power of Awe... and Where to Find It | 24 Why Does Awe Inspire Us to Help Others? | 25 Appreciate these awe-inducing pictures | 26 Why We Explore: The Geography of Awe & Resilience | 27 Look up at the sky! Find shapes in the clouds. Name the shapes. Journal about a time you felt awe. | 28 |
| 29 The Wonder Paradox: Enhancing the Mind Through Mystery | 30 September Dump: Was your wellbeing elevated during Sept? Why? Why not? | | | | | |

