

# OCTOBER

to-do list

## **Reverse Trick-or-Treating**

During a time when people walk around asking for a treat, switch it up! Walk around your neighborhood, an assisted living facility, or a school and hand *them* a fall treat. It will brighten people's day to know you thought of them. Want to go the extra mile? Don't forget to wear your costume!

## **Define Your Core Values**

Sometimes it can be scary to take a deep look at yourself! By now there is a good chance you have completed the "[Discovering Your Core Values Exercise](#)"... but now what? The next step is to define them. Spend some time this month considering: What does that value mean to you? How does it show up in your life? Where do they show up in your life? What does it look like when you are living into that value? How do you know when you get it right... and when you miss the mark?

## **Read a Book**

Fall is the perfect time to put on an oversized sweater, cuddle up with a cozy blanket, a cup of hot coco, and a really good book. We all have a stack (or more) of books sitting on our desk that we want to read but haven't. Let's commit to picking one up this month and finishing it!

## **List Your Fears... and Then ACT**

We all have fears, but how often do we think about those fears and what they keep us from accomplishing in our life? Spend a few moments listing out your fears (*public speaking, having direct reports, not knowing enough, being excluded, asking for a raise, sharing your ambitions publicly, speaking up in meetings, not having a schedule, etc.*). Do your fears interrupt your ability to reach a goal? What is scary about them? What is the first step to overcoming it? Can you do it?



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