2020 September Shift.

Shift the way you look at things and the things you look at shift.

1 This month, make a decision to shift something that no longer serves you. You are just one decision away from changing your life.

2 SHIFT to a focus on gratitude.

Gratitude Journal

3 Today, shift your focus on abundance, not scarcity. Visualize an abundant life!

4 For the rest of the month, shift your wake-up time by 30 minutes. Use the time for personal introspection

5 Shift Your Energy Today. Put on a Song and Dance Away.

6 Shift to the positive. This week, follow the law of attraction. Think about what you want, not what you don't.

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13 Let it go. Shift to being at peace.

14 Catch yourself & stop looking at what's happened in the past. **Shift forward to being in the present moment.**

15 Shift your mind's Image... Do 5 minutes of visualization on your future self.

16 Shift to kindness. Remove complaints and curses for today.

17 The new moon is tonight. Shift your focus on new beginnings.

18 Shift your social media focus. Today, unfollow someone who doesn't lift you up.

19 Today, pause before you speak, and shift your words to those with positive intention.

20 HAVE FUN Shift to a playful heart today.

21 Instead of reaching for your phone first thing in the morning, shift and reach for some quiet reflection.

22 Speak up. Shift from being passive to spreading love when you can.

23 Shift to being outside your comfort zone once today.

24 SORRY Say goodbye to old hurts today. Shift to a forgiving heart. Do it for you.

25 Today, shift any frowns upside down.

26 Go outside. Shift to bringing more nature into your life.

27 Shift to Loving Yourself today. Give yourself nothing but compliments.

28 Shift your wardrobe. Be like the fall leaves - wear something colorful!!

29 YES Shift from playing small to playing big!

30 October starts tomorrow! BOOO! shift from fear to love!

Changing seasons.
Changing leaves.
Changing your life.

What will YOU shift this month?

the Happiness element
happinesselement.com

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