



October 2023

**"COURAGE STARTS WITH
SHOWING UP AND LETTING
OURSELVES BE SEEN."
-BRENÉ BROWN**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	BE BRAVE TODAY			BE Happy 

notes: