

NEWSLETTER

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IF WE DON'T GROW,
WE AREN'T REALLY
LIVING."— GAIL
SHEEHY.

Happy Halloween!!! 🎃🎃🎃



Wow! It's *crazy* to think that it's already October. Where has the year gone? Time indeed does fly by, and here we are, embracing the beauty of autumn, cooler weather, and everything pumpkin-flavored. With the year winding down, it's the perfect moment to pause, reflect, and plan for the months ahead.

Reflect and Re-energize: October brings a natural shift—a new season, a new pace. As the leaves start to fall, it reminds us that just as nature shifts, we, too, can shed what no longer serves us. Whether it's old habits, doubts, or fear, now's the time to let go. Let's focus on what matters most as we close the year strong.

Stay Encouraged: Remember, there's still plenty of time to achieve your goals for the year. Even though it might feel like the calendar is racing, October is an invitation to breathe and reset. Don't be discouraged by the passing days—be motivated by them! Every step forward, no matter how small, is progress. You've got this!

Reach Out: As the seasons change, it's essential to stay connected. If there's someone you've been meaning to check in on, now is a great time. Whether it's a quick message, a phone call, or grabbing a coffee, reaching out to others can make a huge difference in their day—and yours, too! And remember, if *you* ever need support, don't hesitate to reach out. We're all in this together.

So, as we step further into this cozy October, let's embrace the change, encourage one another, and make the most of every moment. Here's to a wonderful October ahead! If you need to contact me, my email is ag28144@compasshn.org.