

October 2021

Inspiration Calendar



MYTOASTLIFE.COM

Your monthly dose of positivity and inspiration

SUN	MON	TUE	WED	THU	FRI	SAT
<p>This month, we're toasting to spooky season and pumpkin spice everything!</p> <p>Sign up for our newsletter! We'll send you the hottest toast stories from time to time to brighten up your day.</p>					<p>1 Try something new for World Vegetarian Day.</p>	<p>2 Treat yourself to a harvest sangria, a fall twist on a classic.</p>
<p>3 Warm up with a flavorful French onion soup.</p>	<p>4 Feel the love on World Animal Day.</p>	<p>5 Use an ecofriendly search engine to help the planet.</p>	<p>6 Do a little yoga to get through that mid-week slump.</p>	<p>7 Get inspired on World Sight Day.</p>	<p>8 Support a charitable organization in your community.</p>	<p>9 Fix yourself some quick, easy, and healthy banana bread bars.</p>
<p>10 Start a new practice for World Mental Health Day.</p>	<p>11 Inform yourself and honor Indigenous Peoples Day.</p>	<p>12 Use social media for good.</p>	<p>13 Take a 15-minute walk outside and enjoy the mood boost.</p>	<p>14 Plan to make your next trip a little greener.</p>	<p>15 Start investing, even if it's scary.</p>	<p>16 Spice up your life with this dill pickle soup.</p>
<p>17 Prep this quick, easy veggie curry for the week.</p>	<p>18 Add some inspiration to your commute with a wellness podcast.</p>	<p>19 Get a great night's sleep and wake up feeling awesome.</p>	<p>20 Add some smiles to your workday.</p>	<p>21 Curl up with a bowl of this roasted tomato soup.</p>	<p>22 Clear your head and re-energize with a walking meditation.</p>	<p>23 Try something that's a little (or a lot) out of your comfort zone.</p>
<p>24 Give back to your community like this free kitchen does every Sunday.</p>	<p>25 Get some extra steps in today. Be creative!</p>	<p>26 Make one change to help the planet today.</p>	<p>27 Be mindful of your screen time. Take a little break from your device.</p>	<p>28 Choose an app to get started in retail investing.</p>	<p>29 Celebrate the end of the week (and the month) with a cannabis-infused cocktail.</p>	<p>30/31  Get in a spooky mood with a Halloween movie.</p>