



SEPTEMBER 2022

Inspiration Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1 Start your day with a positive quote!	2 Stream an inspirational movie on Netflix.	3 Give one of these party games a spin.
4 Feel happier in a snap: 8 Science-backed ways.	5 Feeling climate anxiety? Here's how to cope.	6 Add a book by a Canadian author to your reading list for Read a Book Day.	7 Get inspired by these TOASTY autobiographies.	8 Toast to Kevin Hart helping kids on International Literacy Day.	9 Follow one of these influencers raising awareness about health challenges.	10 Check out these amazing sustainable communities!
11 Minimize your carbon footprint in the kitchen.	12 Cheers to the most generous celebrities in the world.	13 Get motivated by these inspiring quotes on Positive Thinking Day .	14 Make these easy sustainable food swaps.	15 Toast to climate activists making an impact.	16 Have a giant glass of harvest sangria.	17 Pick up a Jane Goodall Barbie doll.
18 Process your emotions and feel more awesome.	19 Follow this SASSY influencer pushing for change.	20 Want to go vegan? Here's a day of tasty meal ideas.	21 Take these healthy snacks to go.	22 Curl up with a toasty fall book for the 1st day of fall.	23 Go on a hot fall date.	24 Have a happier Instagram feed with these plus-size influencers.
25 Eat healthy for less money.	26 Be inspired by these innovative solutions to climate change.	27 Stressed? Here are unexpected ways to relax.	28 Pay it forward for National Good Neighbor Day.	29 Make some extra cash with one of these side hustle ideas.	30 Wear orange and learn about Orange Shirt Day.	1
2	3	4	5	6	7	8

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Spreading positive, inspiring and helpful stories you'll want to bite into.