

Social Media Worksheet



MONTH

October



NOTABLE (PERSONAL)

- 1
- 2
- 3
- 4
- 5



NOTABLE

- 1 International Coffee Day
- 5 Teacher Appreciation Day
- 4 National Taco Day
- 10 World Mental Health Day
- 16 Boss Day
- 28 National Chocolate Day
- 29 National Cat Day
- (Your) Mental Health Day



THINGS TO THINK ABOUT IN OCTOBER

- October third is teacher appreciation day. Whether you do it publicly or privately, thank someone who you have learned from. Maybe even take it a step further and pass on that knowledge you have in your head and passion in your heart to someone else...
- The 10th is World Mental Health Day. This day is not to be taken lightly, but have an honest look at how you are doing. Schedule a coffee date with a fellow creative. Sometimes it's best to get out of our heads with someone who understands.
- As always, we left a space to fill-in when you are taking your mental health day. Did you see October has delivered an extra little gift on the 16th, as well? You are your own boss and that is something to be celebrated!

“WHATEVER YOU ARE, BE A GOOD ONE.” - ABRAHAM LINCOLN