



# THE OCTOBER CHALLENGE

Pumpkin Spice Up Your Life

**#OZTOBER**



# TRYING SOMETHING DIFFERENT

Hi Samily! Happy October 1st! If you have done any of our challenges in the past you know that I usually say a few words (and probably go on and on lol) and then

I present you with....the calendar!

This month I wanted to try something different.

**But But** different is scary Sam!!

I know, it really is.

Honestly I was inspired by changing a few small things in my own routine and decided I wanted to focused on that this month. I will share what those are and maybe some of you will want to join me this month and try it out! If not I have a challenge for you!

My personal challenge:

1. Making my bed every single day.  
(I already do but of course there are those random days (or a week), that I don't
2. 3 processed foods a day  
(I eat/drink a good amount of processed things without realizing!) This will inspire me to be creative and eat **REAL WHOLE FOODS**

**4. PUSH MYSELF! I have decided to do 4 uploads a week this month on my Channel.**

**Why? Because I have always wanted to, but have come up with excuses like:**

**"What if it is too much for me"?**

**"I may get tired, and not want to film some days"**

**"What will I talk about"?**

**As I went through my limited beliefs I realized this...I always have something to talk about, I love to film, and I rarely get too tired to do things I love doing. So what is the problem Sam?!**

**It got me thinking that unless you make an effort to PUSH YOURSELF, you never will. You can plan, talk, think all you want**

**but unless you set a date (for me Oct 1st) you won't do it.**

**You may be thinking this:**

**Well you already film 3x a week adding one more day isn't really a big deal, how is this a challenge for you?**

**Honestly if you are thinking that I take no offense haha! I never knew how much work filming, editing, concept design, and uploading was until I actually did it.**

**Just a brief look at a film schedule, 1 video can take two days to prepare. Since I upload 3x a week that means I am working 6 days a week. Which sometimes is hard. This month I still want**

**to work 6 days a week but perhaps film 2 videos on one day or edit 2 videos (you get what I am saying). So yes more work but possibly the same amount of days spent. I have not done this successfully yet so I need to workout a schedule that works best for me. The 12 days of Christmas was NOT a good work schedule I filmed, edited and uploaded...every single day lol.**

**The challenge this month is to do the same. Push YOURSELF with this formula:**

**1. What will you do?**

**(Take me as an example, I will upload 4x a week, and the other things I mentioned as well!)**

**2. When will you do it/Start Date?**

**(October 1st)**

**3. What is your plan of action?**

**(after I wake up, have coffee, walk the dogs, I will then make my bed) I notice when I wait too long (maybe late afternoon after editing) I get busy and I won't make it. If I get it done while it is still early (before 9:30 am) I can enjoy the perks of a made bed. (cleaner room, organized, happy, cute, comfortable, excited to sleep at night)**

**4. Limited beliefs...if any?**

**(I went through mine above, now it is your turn! DO NOT LET THEM SCARE YOU!)**

**October is such a fun month! Not only is it my son Wyatt's birthday month! Hehe Happy birthday baby! But it is a spooky, fun, colorful, delicious month!! Hello if you have a bad day, drink a pumpkin spice latte and move on! What other month offers that!?! None I tell you NONE**

**One more thing before you go!**

# FALL BUCKET LIST

If you love fall as much as I do and want to enjoy it here are some MUST THINGS TO DO (if you ask me lol)

- Black nail polish
- Watch Halloween Town
- DECORATE FOR HALLOWEEN
- Buy a halloween candle (or 2, or 3 lol)
  - Watch Riverdale
  - Carve pumpkins
  - Actually go pumpkin picking
  - Make a pumpkin spice latte
- Make pumpkin pie, cookies, and pancakes (pretty much all pumpkin recipes)
  - Morning workouts (I love a cool crisp fall morning)
- Drink hot chocolate while walking around your neighborhood looking at all the halloween decorations
- Find ways to enjoy the weather and be outside
  - Apple Picking
- Do something spooky, see a haunted house, corn maze, or other activities near you.
  - Play halloween music
  - Decorate your bedroom
    - Sit by a fire
    - Watch Mean Girls
    - Visit a spooky town