

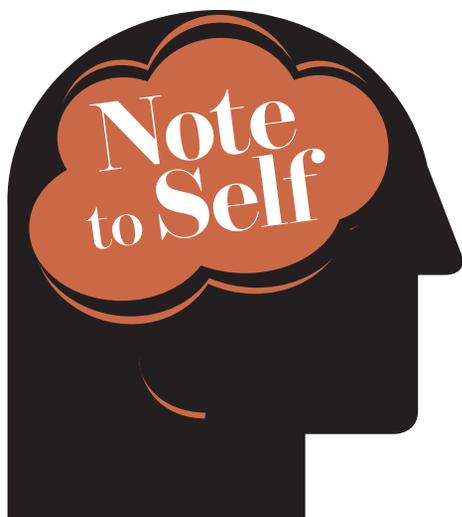
It's Self-Improvement Month!

Best-selling author and speaker Chris Widener offers the following tips and ideas to kick-start your personal development this September.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Get up an hour earlier and exercise.	2 Write down five things you're grateful for.	3 Take a successful businessperson to lunch.	4 Listen to a personal-development CD instead of the radio on your way to work.	5 Compliment five people today.	6 Direct-deposit a portion of your paycheck into savings every pay period.	7 Buy or download a book on a topic you typically wouldn't read about.
8 Tell your kids you love them.	9 Tell your best friends that you love them.	10 Start a journal.	11 Dance to music—preferably with someone else.	12 Buy a bunch of flowers.	13 Read something inspirational (see “Note to Self” below for ideas).	14 Practice listening more and talking less.
15 Call someone you need to forgive, or be forgiven by, and settle accounts.	16 Sing your favorite song loudly in the shower or the car.	17 Make a to-do list tonight so you can start right away in the morning.	18 Offer to run errands or help an elderly person.	19 Go for a half-hour walk or run.	20 Pay for coffee or a toll for the person behind you.	21 Do that task your spouse has been asking you to do.
22 Focus on devoting the first 90 minutes of work to your highest-priority tasks.	23 Eat healthy all day—no slipups.	24 Jot down five affirmations and schedule them into your smartphone as daily reminders.	25 Make a good-sized donation to your favorite charity.	26 Ask someone what he or she thinks about an important topic, and listen.	27 Set a goal of making five people smile today.	28 Skip the TV news and save yourself 30 minutes of depressing topics.
29 Take 15 minutes to reflect on your life.	30 Write down the five best things that happened for you in the last week.					



Download the interactive calendar @ SUCCESS.com/Self-Improvement-Calendar



Posi+ive Thinking Day is Sept. 13!

If you need a little help, check out these classics:

• *As a Man Thinketh*
by James Allen, 1902

• *Think and Grow Rich*
by Napoleon Hill, 1937

• *Success Through a Positive Mental Attitude*
by Napoleon Hill and W. Clement Stone, 1960

• *How to Win Friends and Influence People*
by Dale Carnegie, 1936

• *The Power of Positive Thinking*
by Norman Vincent Peale, 1952

• *Man's Search for Meaning*
by Viktor E. Frankl, 1959

• *Learned Optimism: How to Change Your Mind and Your Life*
by Martin E.P. Seligman, 2006