



Season of Attraction

“As the leaves fall, October shows us the power of letting go to attract something greater.”

October drapes the world in gold and amber, reminding us that change can be breathtakingly beautiful. The air turns crisp, the days grow shorter, and with every falling leaf we are invited to release what no longer belongs in our lives.

The *Law of Attraction* whispers a gentle truth: what we dwell upon, we draw toward us. Just as the harvest follows the seeds once planted, our thoughts blossom into experiences. When we choose gratitude, joy, and love, we call forth more of the same.

This month, let October’s quiet magic stir your spirit. Dream of what you wish to welcome, and feel it as if it is already here. See abundance in every sunrise, and possibility in each turning leaf. The universe is always listening, always responding.

October is more than a season of endings—it is a season of becoming. Align your heart with what you desire, and watch life unfold with beauty as natural as autumn’s glow.

— Marty

14 Quick Actions to Attract a More Joyful, Abundant Life

Do you ever feel like life is moving fast, yet you’re stuck in the same place? Remember: being busy doesn’t mean you’re destined to stay stuck. Every day holds the opportunity to create more joy, abundance, and fulfillment—starting with just a few intentional minutes.

When you use your free moments consciously, you begin aligning with the life you truly desire. Here are 14 simple actions that can help you attract more positivity, growth, and happiness:

1. Learn from someone you admire.

Notice a friend who radiates confidence, patience, or kindness. Ask them how they cultivate these qualities and allow their energy to inspire your own growth.

2. Create a personal mission statement.

Clarify your values and intentions. What do you stand for? What kind of life do you want to create? Your mission statement is a living guide that evolves as you do.

3. Visualize your ideal life five years from now.

See yourself living your dream life in vivid detail. Where are you? Who are you with? What are you doing? When you align your thoughts with this vision, you start attracting opportunities that match it.

4. Expand your knowledge.

Learning something new opens doors to abundance. Whether it’s a skill, a mindset, or knowledge that enhances your career, growth attracts growth.

5. Remove one time-waster.

Identify one habit that drains your energy and skip it for a day. Notice the difference. This small act creates space for more intentional, positive actions.

6. Rise early and claim your morning.

The first hours of the day hold powerful potential. Use them to set intentions, meditate, or focus on a meaningful project. A purposeful morning sets the tone for an abundant day.

7. Read for inspiration.

Spend 20 minutes with a book, article, or resource that uplifts you. Feed your mind with ideas that expand your possibilities and open doors to new opportunities.



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Quick Actions

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8. Start a journal.

Write down your thoughts, dreams, and experiences. Journaling helps you recognize patterns, appreciate progress, and align your actions with your desires.

9. Exercise your mind.

Challenge your brain with puzzles, games, or creative activities. A sharp mind attracts creativity, problem-solving, and new ideas.

10. See the good in others.

Take a moment to list the positive qualities in someone you find challenging. Shifting your focus to the positive increases your own sense of peace and draws more positivity into your life.

11. Explore personal development daily.

Read an article or watch a video focused on growth. One new insight can shift your perspective and set the stage for transformation.

12. Reflect on your day.

Take a few minutes each evening to note what went well and what could be improved. Reflection helps you learn, grow, and consciously attract better experiences.

13. Step outside your comfort zone.

Do something playful or slightly embarrassing. It's a reminder that life is meant to be enjoyed and that most fears are only in our minds. Confidence grows when you dare to be yourself fully.

14. Connect with a community.

Join a group that shares your interests or values. Positive connections attract positive energy and support your personal and professional growth.

Consistency is key. Even a few mindful minutes each day can ripple into incredible shifts in your life. By choosing actions that uplift, inspire, and align with your desires, you start attracting the life you've always dreamed of—one step at a time. ♦



Published every month for folks who are seeking to improve their daily lives.

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www.GreatLivingToday.com

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You Can Be a Great Conversationalist: Attracting Connection and Confidence

Social skills often develop in childhood, and many of us simply fall into a communication style that feels comfortable rather than intentional. But the good news is—even if your social skills feel rough around the edges—you can consciously learn to be a confident, engaging, and magnetic conversationalist. By aligning your energy and intention, you can attract meaningful connections wherever you go.

Here's how to do it:

1. Master the Art of Listening. Listening is the foundation of every great conversation. When you give someone your full attention, you not only show respect, you also attract positive energy into the interaction.

- Make eye contact. This signals genuine interest and presence.

- Show curiosity. Ask open-ended questions to encourage the other person to share more. For example, instead of asking "Do you like movies?" ask "What's the best movie you've seen recently?"

- Step back and let them shine. People naturally enjoy talking about themselves, and your attentive energy will make them feel valued.

By consciously listening, you create a space where the law of attraction brings more meaningful dialogue and connection into your life.

2. Respect and Non-Judgment. You don't need to agree with everything that's said. Respecting an-

other person's perspective without judgment opens the door to mutual respect. This energy of acceptance attracts others who respond with the same openness.

3. Ask for Opinions. Requesting someone's opinion shows you trust and value them. It's a subtle but powerful way to build rapport and attract positive, engaging energy in conversation.

4. Stay Current.

Being aware of trends, news, and popular culture gives you more topics to discuss and connect over. Share your thoughts authentically, and your curiosity and openness will naturally draw others in.

5. Practice with the "Invisible" People. At gatherings, there's often someone standing alone. Approaching them not only gives them a welcome connection but also allows you to practice your skills in a low-pressure environment. Your positive energy can help both of you feel included and uplifted.

6. Relax and Be Yourself. No one expects perfection. Let go of pressure and focus on showing up authentically. If nerves creep in, ask an open-ended question and take a moment to center yourself. Your calm, confident energy will attract a comfortable, enjoyable interaction.

7. Have a Conversational Flow. A simple pattern can keep conversations smooth and engaging. For example:

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Conversationalist

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- Greet warmly and comment on something you genuinely notice, like a stylish accessory.

- Share an observation about your surroundings to spark dialogue.

- Ask about their work, hobbies, or passions, and explore their responses naturally.

- Look for common ground and let the conversation flow from there.

By consciously following a structure, you direct your energy in ways that make connection easier and more enjoyable.

8. Give Genuine Compliments. Sincere compliments create positive energy and strengthen bonds. Aim for one heartfelt compliment per conversation. When you give authentic praise, you attract positivity back to yourself, enhancing your presence and confidence.

The Law of Attraction in Conversation. Being a great conversationalist isn't just about talking—it's about consciously aligning your energy to attract connection, positivity, and engagement. Social skills can be learned, developed, and refined with intention.

With consistent practice, mindful listening, authentic curiosity, and positive energy, you'll notice yourself attracting richer, more enjoyable interactions. It's not about impressing others—it's about radiating confidence and connection, and the people you want to engage with will naturally be drawn to you. ♦

Finding Motivation in the Little Things: Attracting Your Drive

Many people struggle to find the motivation to get things done. A common misconception is that motivation will simply appear out of nowhere—but in reality, motivation is something you create. By consciously directing your energy, you can attract the drive you need and turn even small actions into momentum.

Waiting for a “big” event or sudden inspiration often leads to frustration. Instead, what if you could generate your own motivation, every day, by aligning with the little things that spark joy and energy? The good news is—you can. And it's easier than you think!

Create a Motivating Environment

Your surroundings have a powerful influence on your energy. A cluttered or uncomfortable workspace can drain your motivation faster than you realize. Take a moment to design a space that supports your goals:

- Keep your workspace tidy and organized.
- Use a comfortable chair and adjust your desk and monitor for good posture.
- Eliminate distractions that sap your focus.

Ask yourself: *“How would my energy shift if I loved spending time in this space?”*

When your environment aligns with your needs, it naturally attracts motivation. You'll find it easier to start tasks and maintain focus because your surroundings are working for you, not against you.

Identify Your Personal Motivators

Motivation isn't one-size-fits-all. What energizes one person may not work for another. Take time to discover what excites you and sparks your inner drive:

- Reward yourself with small treats for completing tasks.
- Turn tasks into friendly competitions or challenges.
- Break large projects into smaller, achievable steps and celebrate each milestone.

By consciously rewarding yourself, you create positive energy around your actions. This energy not only keeps you motivated but also attracts more opportunities to succeed.



Harness the Power of Technology

Even your computer can become a source of motivation. Motivational wallpapers, quotes, or visuals on your desktop can remind you of your goals and inspire action. Since you check your screen often, these little visual cues help keep your energy aligned with your intentions.

- Rotate inspiring images or affirmations regularly.
- Use visuals that reflect your goals and aspirations.
- Let your desktop be a small but constant reminder of what you're attracting.

This simple step shows how tiny, intentional adjustments can cultivate momentum and attract the energy you need to persevere.

Focus on the Little Things

The key to lasting motivation is noticing the small, meaningful actions you can take every day. Adjust your environment, reward yourself, and use inspiring cues to keep your energy high. By paying attention to these “little things,” you harness the law of attraction—drawing motivation, productivity, and positive energy toward you naturally.

Start small

Notice the shifts. And watch as your focus and drive grow, attracting the success and fulfillment you've been seeking. ♦

Declutter Your Life in No Time At All

At some point, most of us realize that life feels too cluttered—too many commitments, too much stuff, and too little space to breathe. When your environment and schedule are overflowing, your energy gets scattered, making it harder to focus and attract the experiences you truly desire.

The law of attraction teaches us that our outer world is a reflection of our inner state. By decluttering, you release stagnant energy and create space for fresh opportunities, clarity, and abundance to flow into your life.

Here are some simple steps to get started:

1. Just Begin—Shift the Energy Now

Pick a small space—a room, closet, or even a single shelf—and start there. Hold each item and ask:

- *Do I love this?*
- *Do I use this regularly?*

If the answer is “no,” release it with gratitude. Letting go signals to the universe that you’re ready to welcome in something new and aligned. Place items into boxes for donating, selling, or gifting, and return the things you’re keeping to their rightful place.

Tip: Set a timer for 10 minutes. Focusing on one small area at a time helps you see progress and keeps the process joyful rather than overwhelming. A little daily action has a powerful cumulative effect.

2. Keep Expanding—One Step at a Time

Each day, go a little further. Complete one space and move on to the next. Perfection isn’t required — progress is what matters. Every step you take clears stagnant energy and invites fresh possibilities.

If letting go feels difficult, ask a clutter-free friend for help. Sometimes a new perspective makes it easier to release what no longer serves you. And don’t forget to pause and *enjoy* the lightness of your newly cleared space—it fuels your momentum and raises your vibration.



3. Declutter Beyond the Physical—Your Calendar and Digital World

Clutter isn’t just physical—it shows up in your time and digital life, too.

- **Simplify your schedule.** Write down your commitments in order of importance. Keep only the ones that truly align with your values and goals. When you say “no” to what doesn’t serve you, you’re saying “yes” to your dreams.
- **Streamline your digital space.** Unsubscribe from emails, limit online distractions, and focus only on content that inspires or supports your vision. Clearing this digital noise frees up energy and attention for what you want to attract.

4. Include Others—But Stay Centered

If you share a home, invite others to join in the process by highlighting the benefits of a clutter-free environment: more peace, ease, and flow. If they resist, don’t worry—focus on your own space. As your energy shifts, they’ll likely be inspired by your example.

Why Decluttering Attracts More of What You Want

Clutter isn’t just about “stuff”—it holds onto old energy that keeps you stuck. When you clear it away, you free yourself from mental weight and open the door for better things to flow into your life.

With less clutter, you’ll feel lighter, calmer, and more aligned with the life you want to create. You’ll discover that opportunities, creativity, and abundance arrive more easily—because you’ve made space for them.

Start small, keep moving, and watch how quickly your energy and environment shift. Decluttering isn’t just about getting organized—it’s about aligning with your highest self and attracting the life you’ve been dreaming of. ♦

Declutter with the Law of Attraction: Daily Checklist

1. Set Your Intention

➤ Before you begin, take a deep breath and affirm: *“I release what no longer serves me and make space for joy, clarity, and abundance.”*

2. Focus Small, Shift Big

- Choose one small area today—a drawer, shelf, desktop, or digital folder.
- Set a timer for 10 minutes to keep it simple and doable.

3. Ask the Two Magic Questions

- Do I love this?
- Do I use this regularly?
- If *no*, thank the item for serving its purpose and release it (donate, sell, or gift).

4. Return with Respect

- Put the items you’re keeping back in their proper place.
- Notice how much lighter and more aligned the space feels.

5. Declutter Your Time

- Review your calendar: is this commitment aligned with my goals?
- Remove or reschedule what doesn’t match your priorities.

6. Clear Digital Energy

- Unsubscribe from one newsletter, organize one folder, or remove one app that doesn’t inspire you.

7. Share the Vibe

- Invite others in your home to join, or simply let your refreshed energy inspire them naturally.

8. Celebrate and Anchor the Energy

- Step back, admire your progress, and affirm: *“As I release clutter, I attract clarity, peace, and new opportunities.”*

Tip: Consistency is more powerful than intensity. Ten mindful minutes of decluttering each day can shift your environment—and your vibration—in incredible ways. ♦

“Clutter holds stagnant energy. When you let it go, you raise your vibration and attract clarity and peace.”

Release Your Inner Extrovert: Attract Confidence and Connection in 5 Steps

Shyness can feel like a barrier that keeps you from fully enjoying life. Weddings, work events, and social gatherings may feel intimidating instead of exciting. But here's the truth: shyness isn't who you *are*—it's simply a pattern of energy and focus that can be shifted.

Through the law of attraction, you can align with confidence, self-assurance, and meaningful connections. By changing your energy and beliefs, you attract situations and people that match the version of yourself you want to become.

Here are 5 powerful steps to release shyness and attract confidence into your life:

1. Take Small Aligned Actions

Shyness is often a form of social anxiety, but you can gently retrain your energy by starting small. Smile at a stranger, ask a shop assistant a question, or spark a two-minute conversation with your neighbor.

Each time you step outside your comfort zone, you signal to the universe: *"I'm open, I'm confident, I'm ready for connection."* The more you practice, the more your energy aligns with ease in social situations.

2. Visualize Confidence Daily

The mind is a powerful manifesting tool. Each night, close your eyes and picture yourself walking into a room with ease, smiling, and enjoying conversations. Imagine the laughter, warmth, and flow of connection.

Visualization aligns your vibration with the confident, outgoing version of yourself. The universe responds by attracting situations and people that reflect this energy back to you.

3. Breathe and Recenter

When nerves arise, take slow, deep breaths. With every inhale, affirm: *"I am calm and grounded."* With every exhale, release tension.

Breath connects you back to the present moment, where confidence and clarity live. The more centered you feel, the more your energy attracts relaxed, enjoyable interactions.

4. Focus on Your Strengths and Curiosity

Shyness often comes from over-focusing on yourself and worrying about how you're perceived. Shift that energy outward:

- Highlight your strengths and bring them into social situations.
- Be curious about others. Ask thoughtful, open-ended questions. People love to feel seen and valued—and this instantly takes pressure off you.

When your attention flows outward with genuine curiosity, you create a magnetic energy that naturally draws people in.

5. Prepare and Strengthen Your Social Vibration

Before a social event, warm up your "social energy." Chat with a friend, smile at someone on the street, or prepare a few light topics you'd enjoy talking about. This primes your energy to flow with ease.

Remember: social skills are just that—skills. They can be practiced, strengthened, and mastered over time. Every interaction is a chance to align more fully with your confident, vibrant self.

Attracting a Life Beyond Shyness

Letting go of shyness is about more than learning conversation techniques—it's about raising your vibration to match the confident, connected version of you that already exists inside.

When you align with confidence, you'll notice doors opening, relationships blossoming, and joy flowing into your life. The world is ready to meet your radiant, outgoing self—are you ready to attract it? ♦



Daily Affirmations for Confidence and Social Ease

1. "I am confident, outgoing, and naturally attract positive connections."
2. "Every day, I release fear and step into my social power with ease."
3. "I radiate warmth and authenticity, and people are drawn to my energy."
4. "I am fully comfortable expressing myself and sharing my thoughts."
5. "I attract fun, uplifting, and meaningful social experiences."
6. "My presence is magnetic, and I enjoy engaging with others."
7. "I release self-doubt and welcome confidence, ease, and joy into my interactions."
8. "With each conversation, my social skills grow stronger and more natural."
9. "I focus on curiosity and kindness, which makes connecting effortless."
10. "I am aligned with the confident, outgoing version of myself, and it shows in every interaction."

How to Use Them:

Repeat each morning and/or evening, preferably in front of a mirror.

- Visualize yourself interacting confidently and joyfully while saying each affirmation.
- Take a few deep breaths, imagining your energy radiating outward and attracting people who match your positive vibration. ♦

31 Law of Attraction Journal Prompts for October

Day 1. What do I want to feel most this month, and how can I align with that feeling each day?

Day 2. Write about three things in your life right now that feel abundant.

Day 3. What would my ideal October day look and feel like from start to finish?

Day 4. How can I release old energy this season, just like the trees release their leaves?

Day 5. What new opportunities do I want to attract into my life this month?

Day 6. List 10 things I am truly grateful for today.

Day 7. What limiting belief can I let go of to make space for more abundance?

Day 8. Describe a desire as if it's already manifested. How does it feel, smell, look, sound, and taste?

Day 9. What qualities do I admire in others that I'd like to cultivate within myself?

Day 10. How can I use joy as a magnet to attract more of what I want?

Day 11. Write about a time when something amazing came into your life unexpectedly.

Day 12. What is one small thing I can do today to raise my vibration?

Day 13. How does my ideal self carry themselves in conversations and relationships?

Day 14. What am I proud of about myself right now?

Day 15. Describe the energy you want your home to radiate this season.

Day 16. What am I ready to call into my life before the year ends?

Day 17. How can I make my daily routine feel more aligned with the energy of abundance?

Day 18. What songs, books, or movies instantly raise my vibration? How can I use them as tools?

Day 19. Write a love letter to your future self who already has the life you want.

Day 20. What signs or synchronicities have I noticed lately that tell me my desires are on their way?

Day 21. How do I want others to feel when they're around me, and how can I embody that?

Day 22. What would I do today if I knew the Universe was fully supporting me?

Day 23. List 5 things you can do to invite more fun and play into your life this week.

Day 24. Write about a fear that you're ready to release, and imagine how free you'll feel without it.

Day 25. What am I grateful for about my body and my health?

Day 26. Describe how abundance shows up for you in non-financial ways.

Day 27. What would my life look like if I trusted my intuition fully?

Day 28. How can I align my words and thoughts more with what I want, rather than what I don't want?

Day 29. Imagine it's October 31st and all your October intentions have manifested. How does life feel now?

Day 30. What daily affirmations can I use to keep myself in alignment with my desires?

Day 31. Write down your manifestations for the month of November as if they've already happened.

Bonus Prompts (for extra reflection or journaling marathons):

- What does abundance mean to me personally?
- How can I embody gratitude even when things feel imperfect?
- What is my relationship with receiving? Do I allow blessings in easily?
- What does my dream life smell, taste, and sound like? ♦



31 Law of Attraction Affirmations for October

I vibrate at the frequency of joy, love, and abundance.

Day 1. I welcome October with open arms, knowing it brings abundance and magic into my life.

Day 2. I align my energy with gratitude and attract even more to be grateful for.

Day 3. Opportunities flow to me with ease, and I am always in the right place at the right time.

Day 4. Just as the trees release their leaves, I easily let go of what no longer serves me.

Day 5. I am a magnet for joyful connections, love, and laughter.

Day 6. Abundance surrounds me in every form—financially, emotionally, and spiritually.

Day 7. My desires manifest quickly and beautifully in divine timing.

Day 8. I radiate confidence and attract people who value and uplift me.

Day 9. Every day, I grow into the highest version of myself.

Day 10. I am open to receiving unexpected blessings and miracles.

Day 11. Joy is my natural state, and I choose to dwell in it today.

Day 12. I trust the Universe to guide me with clarity and ease.

Day 13. My mind, body, and soul are aligned with abundance and peace.

Day 14. Everything I need is already within me, and I attract everything else with ease.

Day 15. I create space for new blessings by releasing the old with love.

Day 16. My energy is magnetic, and everything I desire is drawn to me.

Day 17. I am worthy of success, hap-

piness, and all that I desire.

Day 18. Each moment of joy I experience multiplies and returns to me.

Day 19. I trust the process of life and know that everything is working out for me.

Day 20. My heart is open, and I attract love and kindness in abundance.

Day 21. I am aligned with prosperity, and money flows easily into my life.

Day 22. My dreams are valid, possible, and already on their way to me.

Day 23. I see evidence of my manifestations everywhere I look.

Day 24. I release fear and step boldly into my power.

Day 25. The Universe is conspiring in my favor right now.

Day 26. I vibrate at the frequency of joy, love, and abundance.

Day 27. I welcome positive change with ease and grace.

Day 28. I attract harmony into my relationships and peace into my soul.

Day 29. My intentions are powerful, and my energy shapes my reality.

Day 30. I am grateful for all that October has brought me and excited for what's next.

Day 31. I step into November abundant, confident, and aligned with all that I desire.

Bonus Affirmations (for when you need an extra boost):

- I am a powerful creator, and my reality reflects my highest good.
- Every day is filled with opportunities to align with joy and abundance.
- My energy is magnetic, and the Universe responds to my vibration.
- I am safe, supported, and infinitely loved. ♦

How to Get the Most from Daily Affirmations

Affirmations are more than just words — they're powerful tools for aligning your energy with the life you want to create. When spoken with intention and belief, they reprogram your subconscious mind, raise your vibration, and magnetize the experiences you desire.

Here's how to make affirmations work for you:

1. Clear Your Energy First

Take a few calm breaths before repeating your affirmation. The clearer your energy, the more powerfully the words can sink in.

2. Feel the Words

Don't just say affirmations—*feel them*. Imagine already living the reality you're affirming. The emotion behind the words is what activates the law of attraction.

3. Make Them Personal

Rephrase affirmations in your own words so they feel natural and true to you. This strengthens your belief and connection.

4. Apply Them to Your Life

Ask yourself: *How can I embody this affirmation today?* Even small aligned actions help you attract more of what you're affirming.

5. Trust the Process

Affirmations work through repetition and vibration. Each time you affirm, you're sending a powerful signal to the Universe that says: *This is who I am, and this is what I am attracting.*

When you use affirmations with presence, feeling, and consistency, they become more than words—they become energetic invitations. Over time, they shift your mindset, align your vibration, and attract the abundance, confidence, and opportunities you're calling in. ♦



Feel Healthier in 30 Days With This Vegetarian Experiment

Many people can't imagine a single day without meat. Many others have decided that a vegetarian lifestyle is the right way to stay healthy and enjoy food.

Though a vegetarian lifestyle started out as a fad in the Western world, it now enjoys the status of being a scientifically supported path to healthy living.

However, deciding to become a vegetarian may be challenging.

If you've considered adopting a vegetarian diet but are still sitting on the fence, a 30-day trial might be the best solution. By only aiming for 30 days, the task won't seem as challenging. After 30 days, you can evaluate the results and make an informed decision about whether or not you would like to continue this way of eating.

Following these tips will help to ensure your success:

1. Get rid of all non-vegetarian foods. One thing always seems to hold true: if you like eating it and it's in the house, you will eat it.

- If possible, get all "non-compliant" foods out of the house. Why give yourself the temptation? Give yourself every opportunity to be successful.

2. Find some recipes. For the 30 days to be a success, it will be helpful if you're able to find some recipes that look appealing. Being a vegetarian isn't all about eating fruit and salads.

- *There are thousands of delicious recipes that do not contain meat as an ingredient.* Either purchase a book or find some recipes online.
- Experiment a little. If you're like most people, you probably don't eat a very wide variety of foods. Now is a great time to branch out and try something new.
- There's a great chance you've never even tried your true favorite food

3. Tell the appropriate people. Obviously, anyone living in your house-



“Nothing will benefit human health and increase the chances for survival of life on Earth as much as the evolution to a vegetarian diet.”

— Albert Einstein

hold is going to notice a change in your dietary habits. But, consider which of your friends you're going to inform of your 30-day vegetarian experiment.

- We all have friends that are very supportive. However, most of us also have friends that can be less than supportive. Be choosy about which friends you involve.
- The best people to include will support you and challenge you to continue when the going gets tough. Avoid any social drag by keeping your vegetarian trial to yourself when it comes to those that are likely to make your experiment more difficult.

4. Remind yourself of the benefits. Many things are exciting when

first getting started, but become more challenging over time.

- Take a few minutes each day to remind yourself of why you're experimenting with this dietary change.
- List the benefits and consider how great you're going to feel when the 30 days have passed.

5. Focus on one day at a time. Looking ahead 20 days or more can make the task more daunting. *By focusing only on just today, the task will seem much more manageable.*

- You can certainly be successful today. If you string enough todays together, you'll make it to the end with minimal challenges.

At the end of 30 days, evaluate the results. How do you feel? Did you spend more or less money on your food? How convenient was it? Has your weight changed? Is this something that would be worthwhile adopting long-term?

Changing any habit tends to be challenging, but a vegetarian diet is worth considering for many people.

Give yourself the gift of experimenting for 30 days with vegetarianism. You never really know if it can work for you unless you give it a fair chance. Good luck! ♦

Are Meatless Monday's Right for You?

Manifest Health and Vitality with Meatless Mondays

You already know that a plant-based diet can boost your health, energy, and longevity—but shifting away from meat can feel challenging. The good news is that by starting small, you can create lasting changes while aligning your lifestyle with your vision of vibrant well-being.

Meatless Mondays are the perfect way to begin. By dedicating just one day a week to plant-based meals, you set the intention for health, compassion, and vitality. This small, consistent step can ripple into bigger transformations in your body, mind, and lifestyle.

Historically, Meatless Mondays date back to World War I, originally promoted to conserve resources. Today, they're celebrated globally as a simple, conscious choice to honor your health and the planet.

The Benefits of a Plant-Based Focus

1. Align with optimal health.

Choosing more fruits, vegetables, legumes, and whole grains supports your body and mind. These foods can reduce risks for heart disease, diabetes, and inflammation while keeping your energy high—helping you manifest a life of vitality.

2. Radiate confidence in your body.

Plant-based living often supports weight management, lower body fat, and longevity. Eating consciously allows you to feel lighter, healthier, and more empowered in your own skin.

3. Attract abundance.

Eating more plant-based foods can save money on groceries, leaving extra resources for experiences, self-care, or investing in your dreams.

4. Experience mental clarity.

Fiber-rich, whole foods promote healthy digestion, reduce stress on your body, and help you think

clearly—perfect for focusing on your goals and intentions.

How to Make Meatless Mondays Manifest Your Best Self At Home:

- Experiment joyfully. Explore new recipes that excite your senses. Think beyond the usual—try a vibrant vegetable tart, hearty lentil chili, or colorful grain bowls.
- Visualize the substitutions. Picture yourself enjoying plant-based versions of your favorite meals—spinach lasagna, chickpea tacos, or creamy coconut curry.
- Stock with intention. Fill your pantry with staples that support your vision for health: beans, nuts, seeds, and whole grains.
- Learn and expand. Discover cookbooks, blogs, and communities that inspire your plant-based journey.

Away from Home:

- Choose consciously. Seek restaurants offering vegetarian or vegan options. Explore global cuisines like Indian, Middle Eastern, or Mediterranean for abundant plant-based delights.
- Plan ahead. Check menus or call ahead to ensure your choices support your intention for health and vitality.
- Create balance. If options are limited, focus on sides and snacks—hummus, roasted vegetables, and fresh bread can form a satisfying, wholesome meal.
- Share your vision. Provide feedback to restaurants about the demand for meatless options, spreading positive influence for yourself and others.

Transform Your Life, One Day at a Time

Starting with Meatless Mondays is more than a diet change—it's an intentional act of self-care and manifestation. By choosing plant-based meals, you are:

- Aligning your body, mind, and energy for better health
- Creating abundance in your finances and lifestyle
- Contributing to a healthier planet through mindful choices

Whether you continue to expand your plant-based practice or simply reduce processed meat, each conscious choice attracts vitality, balance, and joy into your life. Begin today—your highest self will thank you.

Affirmations for Plant-Based Living

I am grateful for the vibrant energy that plant-based foods bring into my life.

Every day, I attract meals that nourish my body and uplift my spirit.

I am aligned with the healthiest version of myself.

My body thrives on the abundance of fruits, vegetables, and whole foods.

I enjoy discovering new, delicious plant-based recipes.

I radiate vitality and well-being with every conscious food choice.

I am worthy of vibrant health and sustained energy.

Choosing plant-based meals is an act of love for my body and the planet.

I attract abundance and save money by making mindful food choices.

Every meatless meal supports my highest self.

I am open to creative, nourishing ways to prepare my favorite dishes.

I trust my body to guide me toward the foods that serve me best.

I enjoy the process of aligning my eating habits with my intentions.

My choices inspire others to live healthier, more conscious lives.

I release resistance and embrace the ease of plant-based living.

I am grateful for the health, clarity, and balance that come from conscious eating.

Each meatless day strengthens my energy, focus, and well-being.

I celebrate the abundance of plant-based options available to me.

I attract support, guidance, and resources to sustain my plant-based lifestyle.

I am empowered by every intentional choice I make for my body.

I feel light, vibrant, and energized after plant-based meals.

My mind, body, and spirit are aligned with conscious, healthful living. ♦

6 Law of Attraction Strategies to Make You More Persuasive



Have you ever noticed how some people naturally inspire and influence others? Persuasion isn't just a skill—it's an energetic alignment. When your energy matches your intentions, others naturally respond to your confidence and clarity. And the good news? Anyone can become more persuasive when they learn to align their thoughts, feelings, and actions.

Imagine the possibilities in your personal and professional life if you could influence others with ease, authenticity, and positive energy. Here's how to harness the Law of Attraction to enhance your persuasiveness:

1. Align with Connection

Persuasion begins with genuine connection. When your energy resonates with the person or group you wish to influence, trust flows naturally. Focus on cultivating rapport:

- Notice what you have in common.
- Mirror their body language subtly, reflecting openness and understanding.
- Be authentic and honest—your true energy attracts others.

2. Radiate Confidence

Confidence is magnetic. When you fully believe in yourself and your message, others naturally believe in you. Stand tall, make eye contact, and speak with certainty. The energy you

project communicates your conviction, and the Law of Attraction ensures that others align with that energy.

3. Give Before You Receive

Reciprocity is a universal principle of energy exchange. When you give generously—whether it's your time, resources, or support—you create an energetic flow that draws people toward you. Helping someone before you make a request raises your vibration and increases the likelihood that your influence will be received positively.

4. Focus on Mutual Benefit

People respond to energy that reflects abundance, not scarcity. Show how your idea or proposal creates a win-win outcome. Visualize the benefits they will experience and communicate them clearly. When your energy conveys positivity and opportunity, the Law of Attraction helps others see the value in your vision.

5. Listen with Presence

True influence comes from understanding, not persuasion alone. Tune into the other person's energy and needs. Ask questions, listen deeply, and allow your intuition to guide the conversation. When you focus on others with genuine interest, your aligned energy attracts cooperation naturally.

6. Embody Authority Through Alignment

Authority is not just about titles—it's about the energy you bring to your expertise. When you are fully aligned with your knowledge and passion, your presence communicates credibility effortlessly. Whether through your words, actions, or appearance, radiate the energy of mastery.

Persuasion is most powerful when your energy, intentions, and actions are aligned. By practicing these strategies, you not only increase your influence but also manifest deeper connections, opportunities, and success in every area of your life. When you operate from a place of alignment and positive energy, others naturally gravitate toward your vision. ♦

Affirmation Reflection

Kind words break barriers

Kind words break barriers that exist in the world. I am confident that expressing positive sentiments to others helps to achieve unity. My focus each day is to achieve oneness through sincere and caring words.

It is easier to encourage open communication when both parties feel safe together. Using reassuring words helps me to build that feeling with everyone I encounter. They open up and talk to me about their challenges.

Even when I disagree with someone's behavior, I avoid criticizing them harshly. Instead, I encourage them to try other options to see the outcome. My strategy is to stay on the high road and embrace difference of opinion. This helps others feel comfortable and accepted.

Today, I recognize that breaking barriers is an ongoing challenge. I commit to injecting kindness into every situation.

Self-Reflection Questions:

1. How do I respond when someone decides to say unkind things to me?
2. What steps can I take to encourage my friends and family to be kind to others? ♦

Year-End Financial Alignment: Using the Law of Attraction to Prosper

As the year winds down, it's natural to think about holiday parties and celebrations. But it's also the perfect time to pause, reflect, and align your finances with the energy of abundance you want to call in for the year ahead.

The Law of Attraction teaches us that what we focus on expands. If you want more financial freedom, security, or wealth, the year's end is a powerful moment to review where your energy (and money) has been flowing—and consciously redirect it toward your bigger goals.

Here are some practical and energetic steps to keep your finances on track while raising your vibration toward prosperity:

1. Review Your Current Money Flow

Take a close look at your budget and spending habits, not from a place of guilt, but from curiosity. Where has your money been going? Where have you been spending in alignment with joy and values, and where has money been leaking into things that don't truly serve you?

Law of Attraction tip: Thank your money for supporting you—even in small purchases. Gratitude attracts more flow.

2. Notice the Little Things That Add Up

Coffees, lunches out, or impulse buys may feel small, but collectively they carry energy. Redirecting even a few dollars a day toward savings, investments, or debt repayment creates momentum toward your bigger dreams.

Affirmation: *“Every dollar I spend and save is working for my highest good.”*

3. Turn Cutbacks Into Growth

Instead of thinking of it as “cutting back,” see it as reallocating energy. When you free up money from things that don't bring lasting joy, you can put that energy toward debt freedom, savings, or future investments.

Visualization: Imagine your bank account growing, your debts shrinking, and the sense of freedom you'll feel.

4. Set Intentions for the New Year

New Year's resolutions are often abandoned, but intentions rooted in emotion and vision are magnetic. Ask yourself:

- How much would I love to have in savings by next December?
- What debts am I ready to release?
- What financial surprises would I like to be prepared for?
- What long-term dreams (vacation, retirement, education, new home) am I ready to start energizing?

Law of Attraction tip: Write these as if they're already true. For example: *“I am so grateful now that I have \$10,000 in savings and feel secure.”*

5. Build Flexibility Into Your Plan

Life shifts, and so does energy. Your financial plan doesn't need to be rigid—it's a living vision that can be adjusted as you grow. Trust that when you stay focused on abundance, opportunities, raises, new clients, and unexpected blessings can flow your way.

Mantra: *“My financial journey is unfolding in perfect timing.”*

Final Thought

The end of the year isn't just about reviewing numbers—it's about aligning your mindset and energy with prosperity. By blending smart financial planning with the Law of Attraction, you're not only creating a budget—you're creating a vibration of wealth, clarity, and possibility.

When you treat money as energy, honor it with gratitude, and direct it with intention, you open the door to greater financial freedom in the year ahead. ♦

Year-End Financial Alignment Checklist

Use this checklist to review your money with clarity and align your energy with abundance for the year ahead.

Review & Reflect

- Review my budget with curiosity, not guilt.
- Identify where my money has been flowing joyfully.
- Notice “energy leaks” (spending that doesn't align with my values).
- Express gratitude for the money that supported me this year.

Redirect & Reallocate

- Spot small daily/weekly expenses that add up.
- Decide which expenses I can joyfully redirect toward savings or debt payoff.
- Affirm: *“Every dollar I spend and save is working for my highest good.”*

Intend & Envision

- Decide how much I want in savings by next December.
- Clarify which debts I am ready to release.
- Set intentions for an emergency fund or surprise expenses.
- Envision long-term dreams (vacation, retirement, new home, education).
- Rewrite these goals as if they're already true.

Plan With Flexibility

- Create a living financial plan I can adjust as needed.
- Stay open to raises, new clients, or surprise blessings.
- Affirm: *“My financial journey is unfolding in perfect timing.”*

Energy Practices

- Visualize my bank account growing and debts shrinking.
- Use gratitude daily for the money I already have.
- Stay consistent with my affirmations and intentions.

Manifest a Magical Halloween: Fun Ideas for Adults

Halloween isn't just for kids—it's a powerful night of fun, imagination, and energy. Because it's a time when the veil is said to be thinner, Halloween is also perfect for aligning with the Law of Attraction, raising your vibration, and calling in more joy, abundance, and magic.

Here are some inspired ways to celebrate Halloween as an adult while also tuning into the energy of manifestation:

Host a High-Vibe Halloween Party

Throw a party with intention! Whether it's a lively costume bash or a cozy dinner gathering, set the energy by choosing a theme that reflects what you'd like to attract—mystery, abundance, transformation, or playfulness.

- Decorate with symbols of magic and prosperity (candles, pumpkins, crystals).
- Offer themed snacks and drinks that spark joy.
- Set an intention at the start of the evening for laughter, connection, and good energy to flow.

Watch Spooky Movies with Intention

Movie marathons can be more than just entertainment. As you watch scary or mystical films, notice how you feel and choose to focus on courage, resilience, or transformation. Remind yourself: I attract strength, joy, and light—even in the face of fear.

Visit a Haunted House

A haunted house adventure can be a fun way to face fears and shift energy. As you walk through, affirm: I release fear and welcome excitement, adventure, and positive transformation. By reframing fear into fun, you raise your vibration and tell the universe you're ready to handle new experiences.

Dress Up and Step Into Your Desired Energy

Costumes aren't just playful—they're symbolic. Dressing up lets you embody energy you want to attract. Want more confidence? Dress as a bold character. Want more creativity? Channel an artist or mystical being. Every costume



is a chance to “try on” the vibration of who you'd like to become.

Create Your Own Halloween Ritual

- Write down fears or limiting beliefs on scraps of paper and safely burn them to release their energy.
- Light a candle and journal your intentions for the months ahead.
- Gather with friends to share dreams and amplify each other's manifestations.

Final Thought

Halloween is a night of fun and imagination—but it's also a powerful time to align your energy with joy, courage, and new possibilities. Celebrate in a way that feels magical to you, and let the universe mirror back your playful, high-vibe energy.

This Halloween, don't just celebrate—manifest the magic you want to see in your life. ♦

How to Make Banana Ghosts on a Stick

A nice change from over-sugared treats, these are very simple and a whole lot of fun. Just some bananas, skewers and a few drops of icing and you're good to go.

Supplies Needed:

- Bananas (1 banana per 2 treats)
- Wooden skewers
- Icing
- Knife & Cutting board

Step 1: Peel and cut the Bananas
To get ready, peel and cut each banana in half as shown.

Step 2: Skewer the Bananas
Put a skewer through each banana. Put the skewer through the bottom, being careful not to poke it out the top.

Step 3: Make Your Ghost Face
Use the icing to make a ghost face on your banana.

Repeat for all the bananas and serve.



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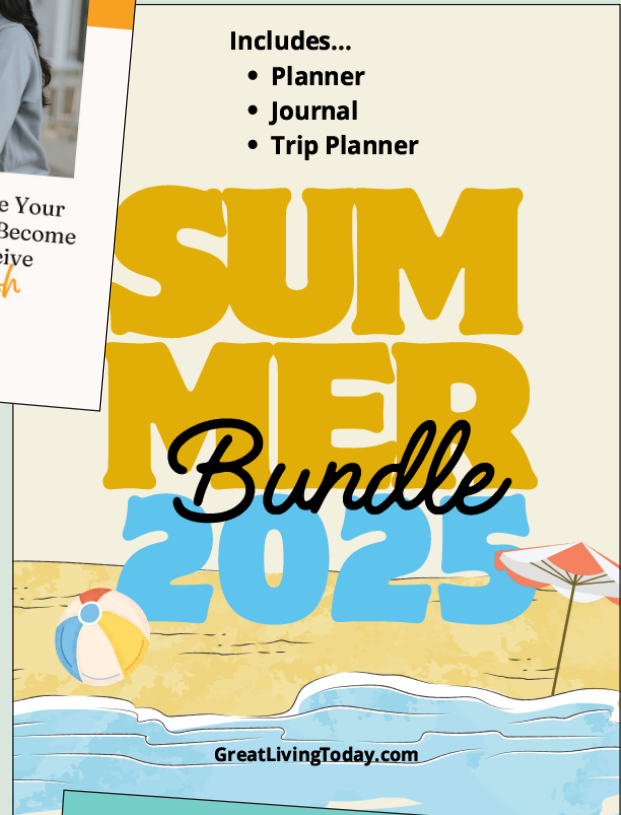
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Each day, I'll guide you through a simple practice designed to support your mental well-being and personal growth. Just a few minutes with pen and paper can set the foundation for creating big changes ahead.

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