

2026 September Shift.

SHIFT THE WAY YOU LOOK AT THINGS AND THE THINGS YOU LOOK AT SHIFT!

- 1 This month, make a decision to shift something that no longer serves you. You are just one decision away from changing your life.
- 2 Shift Your Energy Put on a Song and Dance Away. (HINT: September by Earth, Wind & Fire)
- 3 SHIFT to a focus on gratitude.
- 4 For the rest of the month, shift your wake-up time by 30 minutes. Use the time for personal introspection.
- 5 Shift to the positive. Today, follow the law of attraction. Think about what you want, not what you don't.**
- 6 Let it go. Shift to being at peace.
- 7 Shift to a new direction. If you want to be somewhere, you can't get there without shifting directions... or you'd already be there.
- 8 Speak up. Shift from being passive to spreading love when you can.
- 9 Today, shift your focus on abundance, not scarcity. Visualize an abundant life!
- 10 Shift how you feel about waiting. Everything happens when it needs to happen; everyone is always where they need to be. You will never miss out on what is meant for you, even if it has to come to you in a roundabout way.
- 11 The new moon is tonight. Shift your focus on new beginnings.
- 12 Instead of reaching for your phone first thing in the morning, shift and reach for some quiet reflection.
- 13 Shift to the positive. Today, follow the law of attraction. Think about what you want, not what you don't.**
- 14 Today, shift any frowns upside down. Do something that brings you joy!
- 15 Catch yourself & stop looking at what's happened in the past. Shift forward to being in the present moment.
- 16 Shift to kindness. Remove complaints and curses for today.
- 17 Shift to the positive. Today, follow the law of attraction. Think about what you want, not what you don't.**
- 18 Shift your social media focus. Today, unfollow someone who doesn't lift you up.
- 19 Today shift how you look at yourself in a mirror. Smile at yourself and say only positive things!
- 20 Shift your wardrobe. Be like the fall leaves and live in full color! Wear something colorful today!
- 21 Go outside. Shift to bringing more nature into your life.
- 22 Find Your Balance! It's the fall equinox today, symbolizing balance and grounding. Go outside, breathe, and just be in the present.
- 23 Shift to being outside your comfort zone once today.
- 24 Say goodbye to old hurts today. Shift to a forgiving heart. Do it for you.
- 25 Shift your mind's Image. Do 5 minutes of visualization on your future self.
- 26 Shift to the positive. Today, follow the law of attraction. Think about what you want, not what you don't.**
- 27 Shift to Loving Yourself today. Give yourself nothing but compliments.
- 28 Shift to a playful heart today.
- 29 Shift from playing small to playing big!
- 30 October starts tomorrow! BOOO! shift from fear to love!
- Changing seasons. Changing leaves. Changing your life. What will YOU shift this month?
** This is so important that it's worth repeating multiple days! Shift Your thinking and focus on what you want to attract!