

Hello, October!

Be sure to join our Re-Entry Relaunchers Unite! Facebook community for support and inspiration!

<https://www.facebook.com/groups/smallplanetstudio/>

The **#GlobalYou365 Challenge** is meant to spark reflection on who you are and what you want, now that you've been abroad.

This self-knowledge will give you a clearer vision for creating your ideal global life at home and abroad. This challenge is intended to be simple and fun, and there's no right or wrong way to do it. So have fun with it and enjoy the process!

- On the first of the month, start with prompt #1. There's one prompt for each day of the month.
- To have easy access to the daily prompts, print out this page, cut out the list of prompts to the right, and then tape the list to a page in your journal.
- There are unlimited ways to respond to the daily prompts. Write a paragraph, make a list, jot down keywords, doodle...go simple or get creative. Your choice!
- At the end of the month, look back at what you wrote. What themes or patterns do you see? What are you learning about yourself? Jot down your observations on a page in your journal.

Small Planet Studio is a personal and professional development company that helps global adventurers find their next global adventure at home or abroad and create a global life they love no matter where they are in the world.

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Cut on the dotted line →

#GlobalYou365 // October

1. Favorite memories from September
2. Favorite fall (or spring) meal
3. What I find in my pockets
4. A must-have item in my purse/wallet
5. How often I've misplaced my passport
6. What's on my nightstand
7. What kind of phone I have
8. TV: yes or no
9. Favorite cooking spice
10. Cilantro: yum or yuck?
11. My ideal weekend get-away
12. Breakfast: yes or no
13. Food I love but used to hate
14. Favorite way to celebrate my birthday
15. Favorite TV show from abroad
16. Favorite thing about fall (or spring)
17. I'm looking forward to...
18. I'm feeling so...
19. Favorite Halloween costume
20. Favorite pizza topping
21. Favorite healthy snack
22. Favorite non-healthy snack
23. How I feel today
24. Who I miss today
25. If only...
26. Halloween party: yes or no
27. Witch or vampire?
28. Landline or cell phone?
29. Cat videos: yes or no?
30. What I still miss about being abroad
31. Me in one word

#GlobalYou365
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