

# SEPTEMBER 2019

## A Touch Of Magic Action Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

30

Sing your heart out to your favorite songs



**"The simplicity of expressing yourself through an art form is one of the best ways of communication." ~ Emmanuel Jal**

1

Buy a new notebook and start a journal

2

Sign up for a creativity class - art/dance/music

3

Keep hydrated - drink lots of water

4

Journal - where are you not expressing yourself?

5

Ask someone how they are and really listen to them

6

Brainstorm ideas for a passion project

7

Movie night - Watch a comedy!

8

Reach out to a friend you haven't talked to in a while

9

Freewrite nonstop without judgement for 10 minutes

10

Write a short poem today

11

Go to a local improv show

12

Listen to a podcast that discusses creativity

13

Make a list of dreams you want to manifest this full moon

14

Schedule a fun night out with friends

15

Spend some quality time with a loved one

16

Handwrite a letter and send it snail-mail

17

Pull a card - how are you holding yourself back?

18

Be honest about your feelings today

19

Journal - How can you improve your communication?

20

Play a word-game or a crossword puzzle

21

Set up your altar to celebrate Mabon today

22

Take as many interesting pictures as possible

23

Draw a simple cartoon or doodle

24

Tell someone you care about how you feel about them

25

Visit the bookstore or library today

26

Have a heartfelt conversation with a trusted friend

27

Chant or do a throat chakra meditation

28

Set intentions with the new moon

29

Visit an art gallery or a museum

A little bit of magic every day goes a long way. Find out more at [www.mynasmoon.com/atouchofmagic](http://www.mynasmoon.com/atouchofmagic)