

October Checklist

Health

- Get your flu shot
- Check your COVID-19 booster status
- Schedule your mammogram
- Perform a breast self-exam
- Book a physical therapy appointment
- Schedule a lung health checkup
- Practice deep breathing (5 minutes daily)

Cybersecurity Awareness

- Change your passwords (make them strong and unique)
- Enable two-factor authentication
- Check your credit report

Medicare Sign-Up

- Review your current Medicare plan
- Compare Medicare Advantage vs. Traditional Medicare
- Get help from a Medicare counselor

Emotional Wellness

- Journal or reflect daily
- Reach out for support if needed
- Do something that brings you joy

Finances

- Review your budget and spending
- Maximize your retirement contributions
- Plan charitable giving

Home and Personal Growth

- Declutter a key area of your home
- Start organizing your holiday plans
- Set goals for 2024
- Prepare your garden for winter
- Create a daily gratitude list of three things.

Estate Planning

- Review or create your will.
- Update healthcare directives
- Talk to your loved ones about your estate plans

Outdoor Activities

- Soak up the fall weather (hiking, walking, gardening)
- Try a new outdoor activity (birdwatching, photography)

Stress-Free Holiday Planning

- Get a head start on holiday plans (gift shopping, travel)
- Create a holiday self-care plan.

Preventive Health

- Schedule dental and vision checkups.
- Review your medications with your doctor.

Exercise & Movement

- Try something new (yoga, tai chi, water aerobics)
- Plan outdoor activities (walking, gardening)

Mental Well-Being

- Take a digital detox day or weekend
- Practice mindfulness or meditation

Organize Your Finances for 2024

- Update your beneficiaries
- Start or build up an emergency fund
- Review your insurance policies