



OUTSMART OCTOBER

Clever Ways to Give Your Fall Month a Boost

Experiencing Maine during the month of October is outstanding! Its beauty and crisp air with a side of pumpkin spice coffee and a warm homemade apple pie seems to make the heart grow fonder.

In the blink-of-an-eye the favorite fall month will be over, so how will you make the most of it? The Greater Augusta Area has some good festival events to attend but what if you took it a step further... How can you make the most of your month physically, mentally and spiritually? Take some time to plan an exercise goal, a work goal, and a volunteer/service goal. Outsmart October and purposefully give yourself a boost!

“Discipline is doing the things we don’t necessarily like to achieve what we love”



Outsmart October Checklist Ideas

- *Damariscotta Pumpkin Fest & Regatta ~ Oct 1-10
- *Gardiner Swine & Stein Octoberfest ~ Oct 8
- *Wolfe’s Neck Farm Fall Festival ~ Oct 8
- *Professionally Develop: listen to free webinars or podcasts online
- *Give a Compliment: to friend or family member once daily
- *Wake-up 15 Minutes Early: read, exercise, or meditate

Photo of the Month



Tri-State's CFO Tony working a banquet/catering event. We like to join and learn first-hand the work we ask of our employees!

TRI-STATE STAFFING

225 Western Avenue
Augusta, ME 04330
622-0470

www.tristatestaffing.com

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