

FOR IMMEDIATE RELEASE

For more information, contact Julie Beeman

Family Resource Management and Entrepreneurship Agent, Wildcat Extension District

juliesmith@ksu.edu (620) 238-0704

September is Self-Improvement Month: A Time to Refocus

As summer winds down, September arrives with a gentle reminder: there's still time to grow. Designated as Self-Improvement month, September is a good time to pause, reflect and take intentional steps toward becoming the best version of yourself. The holidays are right around the corner, so take a moment before the year end-chaos to focus on yourself – step by step.

The first step is to reflect and reset. Self-improvement starts with self-awareness. Evaluate your habits, goals and mindset. What have you achieved so far this year? What needs attention? Take time to reassess your daily schedule or maybe even set boundaries in a relationship. Journal your weekly activities and thoughts. Honest reflection stimulates lasting growth.

Step two: Small steps bring big results. You don't need to overhaul your entire life overnight. Sustainable self-improvement often starts with simple, consistent changes. For example, swap 10 minutes of scrolling for stretching. Cook one healthy meal a week as a swap for takeout. Read a chapter of a book each day that challenges your thinking. Practice gratitude by writing down three things you are thankful for every morning. These small habits will add up and help you to feel accomplished and successful.

Step three: Invest in your future self. No matter what, investing in yourself is never wasted. Take time to learn a new skill, reconnect with a hobby or old friend, or be intentional about your focus on mental wellness. You might sign up for a free online course in a subject that excites your volunteering for a cause that gives you purpose. Growth isn't just about doing more – it's about being more aware and more intentional in all you do.

Self-Improvement Month is more than a calendar event – it's a personal invitation. Use September as a time to start again, refine your goals and focus on growth. Change takes time but it starts with just one step.

For more information, please contact Julie Beeman, Family Resource Management and Entrepreneurship Agent, at juliesmith@ksu.edu or by calling 620-238-0704.

###

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Director of K-State Research and Extension, Kansas State University, County Extension Councils, Extension Districts.