

# OCT. SYLLABUS

## FW26 DAYCLUB SEAZN

### THEME: SELF-DISCIPLINE

October is cozy with structure – discipline means habits on autopilot, not restriction.

### COURSE OBJECTIVES

- 📖 Read Like an Icon
- 🎧 Solo Icon Energy
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- 🍸 Absolut Vanilia Cocktail of the Month
- 🍴 Leisure Bites
- 💎 Self-Worship Days

### FASHIONABLY LATE POLICY

Learning is cute, but vibing is priority. If you miss an “assignment,” you’ve got until the end of the month to glam it back up. No guilt, just catch-up. Remember: icons are never late – the party starts when *you* arrive.

### CLUB RULES

- 1 If suggested vibes aren’t your flavor, **remix them**. The point is to make it your SEAZN.
- 2 Every objective = completed by month’s end. **No ghosting** the checklist.
- 3 Show up: participate in your own solo rituals + **share the energy** (IG, journal, playlist, whatever feels main character).
- 4 Club etiquette: stay cozy, stay iconic, *no excuses*.

### ICON ENERGY

- Block out “Icon Time” daily
- Journal your Main Character moments
- Indulge without guilt (#dayclubready)
- Lock in your vibe: RICH AF, unapologetic

# FW26 DAYCLUB SEAZN OCTOBER 2025

## READ & BINGE

### RECOMMENDED:

- Read: *The Book of Sheen*
- Binge on Prime: John Candy - I Like Me, The Girlfriend
- Bonus Binge: Netflix doc, "aka, Charlie Sheen"

## SOLO ICON ENERGY

### RECOMMENDED:

- Seasonal Self-Date: Hit up a farmer's market or fall festival solo, buy one seasonal treat (pumpkin, apple cider, roasted nuts). Treat thyself.
- Gallery Glow-Up: Visit an art gallery or museum alone — take your time, no rush, let your own vibe lead the pace.

## ABSOLUT VANILIA COTM

### COCKTAIL OF THE MONTH RECOMMENDED:

- Absolut Vanilia Chai Espresso Martini *twist*
- Recipe drops Friday, Oct. 3<sup>rd</sup> on DayclubSEAZN.com



## LEISURE BITES

### RECOMMENDED:

- Trader Joe's Butternut Squash Mac & Cheese Bites

## SELF-WORSHIP DAYS

### RECOMMENDED:

- September Focus: Self-Discipline
- Self-Discipline is self-worship. (I said what I said!)
- Structure your day so your habits run on autopilot.



Download the FW26 Dayclub SEAZN October Syllabus  
A Leisure Lifestyle Checklist