

Daily Delight

MONDAY • OCTOBER 19 • 2026

Evaluate Your Life Day

Ever wonder when the first day of the rest of your life is? Well, today is that day because it's Evaluate Your Life Day. Created by the wellness website wellcat.com, Evaluate Your Life Day is simply a day to pause and take some time to reflect on your life up to this point and what you want for the rest of your life moving forward.

Think about your goals and habits. What could you change in your life? What things are you happy with, and what makes you happy? Reflect on all of the things you have accomplished in life up to this point. Be honest with yourself as to how your life has gone and what else you want to get out of it, then institute those changes, regardless of how big or small they may be.



Today in History



In 1999, Cher released her single “Believe” as the Billboard Song of the Year. She also won a Grammy for Best Dance Recording in 2000. After a 3-year retirement from touring, Cher performed a 200-show residency at Caesars Palace in Las Vegas, grossing over 97 million.

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DID YOU KNOW?

The Search for E.T. Begins on Earth

Astrobiology, the study of life in the universe, isn't just about searching for aliens. A major focus is on understanding the extreme conditions life can endure.

Scientists study "extremophiles" on Earth, such as bacteria living in boiling hot springs or deep-sea vents, to determine what kind of environments on other planets or moons could potentially support life, from Mars to the moons of Jupiter.

TRIVIA

Which singer's voice was declared "a natural resource of the state"?

- A** Nina Simone
- B** Aretha Franklin
- C** Billie Holiday
- D** Whitney Houston

TODAY'S FUNNY

What do you call it when a butterfly rules over a kingdom?

A monarchy!

TODAY'S WISDOM

*"A reader lives a thousand lives before he dies...
The man who never reads lives only one."
- George R.R. Martin*

WORD SEARCH

Spread The Joy



Feelings

Happy

Spread

Kindness

Others

Giving

Complement

Uplift

Hugs

Praise

Listening

Friendship

SUDOKU

How To Play:

Each 9x9 box is comprised of 9 smaller 3x3 boxes. Each of these smaller boxes must be filled in with numbers from 1-9. Each row and column of the larger 9x9 box should not have any numbers repeated.

9		3	8			6		1
		4				3	8	7
1		8	7	5	3		2	
	2		5	7				
3	1	5	6		4			
4		7		1	8		6	5
		2	1			7		4
	3		4	8	7			
	4		2	3	5		1	6

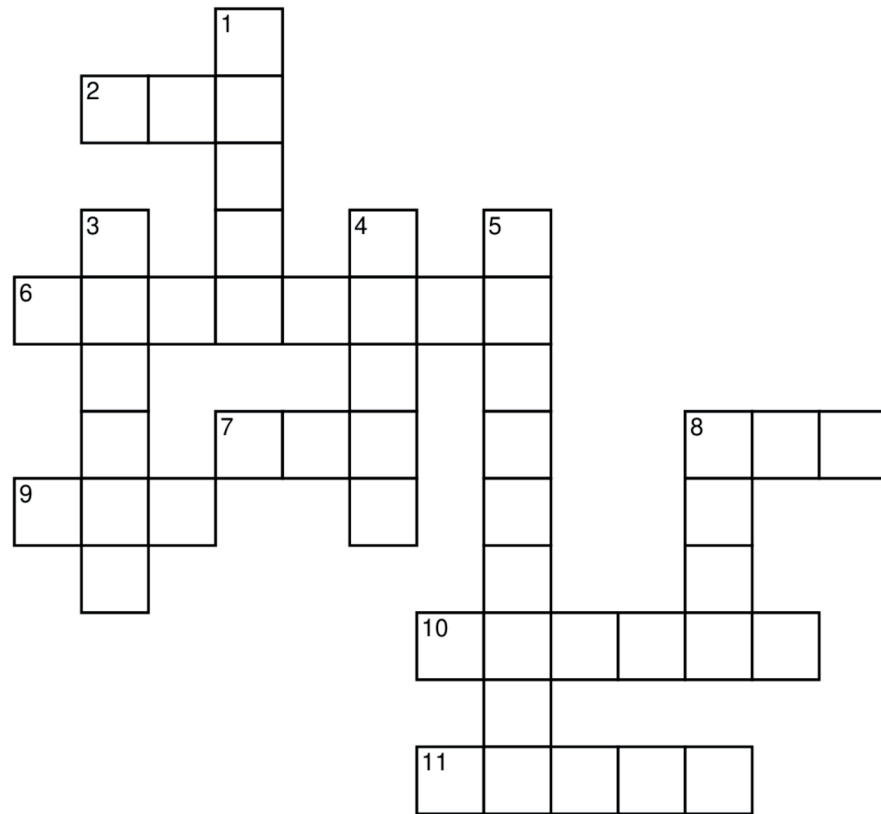
				9		1		7
		9				2	4	
	1				4			3
1			7	2				
6		8	4	1	5			
7			9	6	8		1	
	8						2	
9				5	7	4	8	1
4			2		9		7	

Helpful Tip:

If you get stuck, try asking yourself "Where can I place number X in this row or column?" Scan to see if the number is already in that row, column, or box.

MINI CROSSWORD

Game, Set, Match!



Across

- [2] Expert
- [6] Basic stroke
- [7] Even score
- [8] High fly ball
- [9] Fishing device
- [10] Laced with strings
- [11] Tennis tie

Down

- [1] Put into play
- [3] Rally
- [4] Mistake
- [5] One more to win
- [8] Zero

Test Your Knowledge

**Solve the questions below to test your knowledge
and give your brain a workout!**

On average, how many
times per second does
lightning strike the Earth?

Multiple Choice:
What item became a popular
item to wear to the beach
in 1974?

- A. One-piece bathing suit
- B. Speedo
- C. String bikini

Solve the math problems:

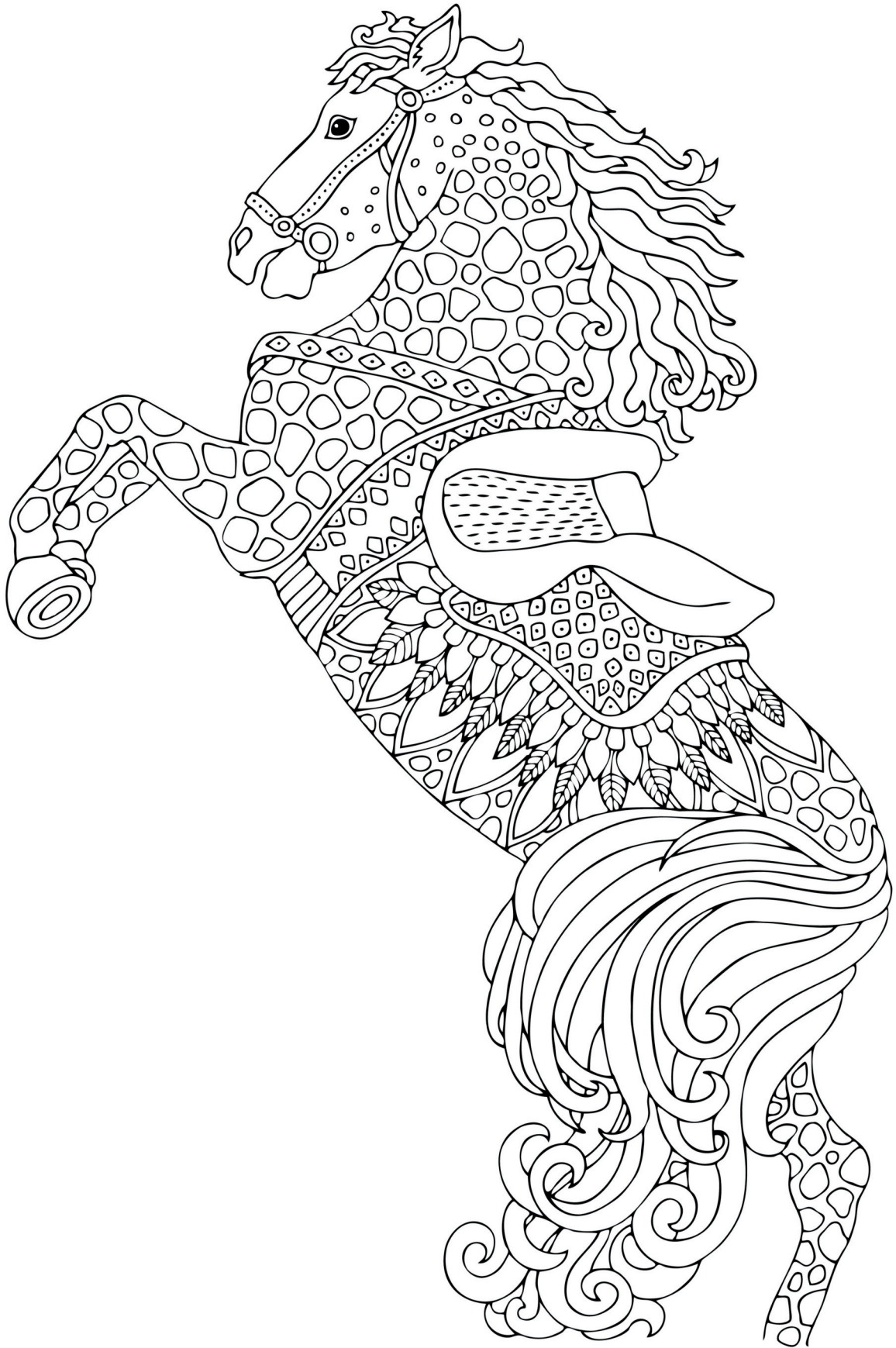
$$\begin{array}{r} 14 \\ \times 17 \\ \hline \end{array}$$

$$\begin{array}{r} 58 \\ + 71 \\ \hline \end{array}$$

$$\begin{array}{r} 857 \\ - 63 \\ \hline \end{array}$$

$$\begin{array}{r} 208 \\ \div 13 \\ \hline \end{array}$$

In literature, a physical journey
often represents something
else. What is the "fork in the
road" a metaphor for in
human life?



SOLUTIONS

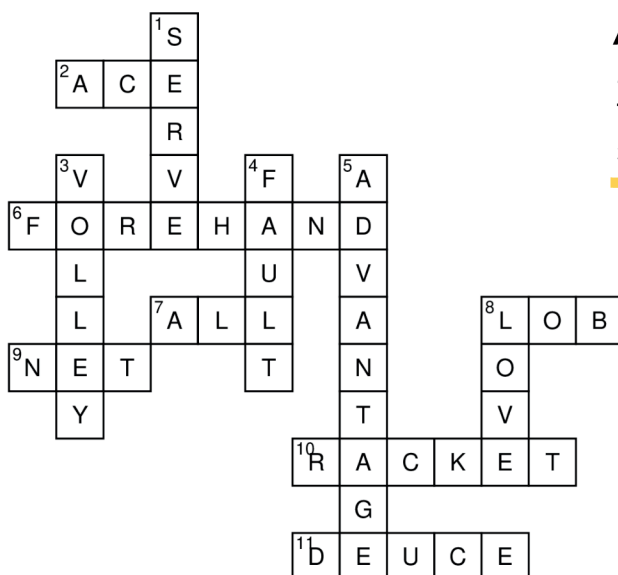
Trivia Answer: B

In 1985, the Department of Natural Resources of the state of Michigan officially declared Franklin's voice a "natural resource of the state."

S I Q D E P C K C F L N Q S I G S X
K O R P Z A E O L P X O T H E R S Y
B S P Y S J U B M Y G Y W Q N Y E X
P T M G I Q H U S P N N I Z A D N U
B T G L W V T K G J L Z T G K H D P
K Q Y O J Y S Y U L V E B L S J N H
S M O O T L I P H L V S M N S I I Y
X F C N A X I T R J U Z L E G F K M
B V O J G T Q S M E Q D N L N A X Y
C K X E K N Q G T Y A F N G I T I I
B X F W L F O J S E C D N B L J Q P
X H K M K U K K F F N I G T E Y X R
S H N Z H I E J Q S V I Z I E K B A
K V A L C T W G Z I R R N V F U D I
B Z N P V C L A G L A I F G T C D S
P B J U P L I F T S H X R P G I B E
B A D H Z Y K F R I E N D S H I P Q
L Y W J M R T W N Y P U K B Y N Q J

9	7	3	8	4	2	6	5	1
2	5	4	9	6	1	3	8	7
1	6	8	7	5	3	4	2	9
8	2	6	5	7	9	1	4	3
3	1	5	6	2	4	9	7	8
4	9	7	3	1	8	2	6	5
5	8	2	1	9	6	7	3	4
6	3	1	4	8	7	5	9	2
7	4	9	2	3	5	8	1	6

3	4	6	8	9	2	1	5	7
8	7	9	5	3	1	2	4	6
2	1	5	6	7	4	8	9	3
1	5	4	7	2	3	9	6	8
6	9	8	4	1	5	7	3	2
7	2	3	9	6	8	5	1	4
5	8	7	1	4	6	3	2	9
9	6	2	3	5	7	4	8	1
4	3	1	2	8	9	6	7	5



Answer:

44. This amounts to 1.4 billion lightning strikes a year.

$$\begin{array}{r} 14 \\ \times 17 \\ \hline 238 \end{array}$$

$$\begin{array}{r} 857 \\ - 63 \\ \hline 794 \end{array}$$

Answer:

C. String bikini

Answer:

The "fork in the road" is a classic metaphor for a major life decision or a turning point. Because the speaker is "one traveler" who cannot "travel both," it represents those pivotal moments

$$\begin{array}{r} 58 \\ + 71 \\ \hline 129 \end{array}$$

$$\begin{array}{r} 208 \\ \div 13 \\ \hline 16 \end{array}$$