

## November

2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Do any 30 minute exercise anything at all to get your heart pumping	Write 5 positive affirmations and read each morning	Have a zero negativity atmosphere. No matter what happens stay positive	Turn off Phone for 2 hours and sit and talk with family	Take 20 minutes to yourself to reset and meditate
Find the time to declutter a space in your life	8 Write a thank you note to a loved one. just because	9 Do a random act of kindness for a loved one, colleague or student	Have a no expectation day	Get 8+ hours of sleep and enjoy your day off ©	Plan a movie night with family and stay in
Go for a long walk	Attempt to drink 2 liters of water today	Take a step back from something that has been draining to you and focus on the good in life	Call a loved one who you haven't spoken to in a while	Make time to do something you love to do but have not been able to do in a long time	Get a massage, mani/pedi or indulge in anything to make time for yourself
Pull up a free yoga or stretch video on YouTube to do	Write down everything that is bothering your mind and spirit on paper and burn it	23 Prepare a healthy meal for yourself or/and family	Hopey Thank giving!	Enjoy your time with your family. If you will not be with family then don't forget to call	26 Go for a hike or walk with loved ones/family.
Get up 15 minutes earlier to spend time with yourself to prepare for the day	Step out of your comfort zone and do something you wouldn't normally do	Compliment someone today. Make eye contact and say it with a smile, It makes them feel good and you will too©			
	Find the time to declutter a space in your life  The for a long walk  The for a long walk  The form a long wal	To any 30 minute exercise anything at all to get your heart pumping  7 Find the time to declutter a space in your life  14 Go for a long walk  21 Pull up a free yoga or stretch video on YouTube to do  15 Mrite a thank you note to a loved one. just because  21 Pull up a free yoga or stretch video on YouTube to do  22 Write down everything that is bothering your mind and spirit on paper and burn it  28 Get up 15 minutes earlier to spend time with yourself to prepare for  29 Step out of your comfort zone and do something you wouldn't	To any 30 minute exercise anything at all to get your heart pumping  7 Find the time to declutter a space in your life  Attempt to drink 2 liters of water today  Attempt to drink 2 liters of water today  Attempt to drink 2 liters of water today  21 Pull up a free yoga or stretch video on YouTube to do  Sort up 15 minutes earlier to spend time with yourself to prepare for the day  Po any 30 minute exercise anything at all to get your nead each morning  Po any 30 minute exercise anything at all to get your heart bank you note to a loved one, colleague or student  Po any 30 minute a tall to get your of kindness for a loved one, colleague or student  Prepare a healthy meal for your self or/and family  Step out of your comfort zone and do something you waldn't normally do  Norte 5 positive affirmations and read each morning  Po any 4 all to get your affirmations and read each morning  Po any 4 all to get your affirmations and read each morning  Po a random act of kindness for a loved one, colleague or student  Take a step back from something that has been draining to you and focus on the good in life  Take a step back from something that has been draining to you and focus on the good in life  Compliment someone today.  Make eye contact and say it with a smile, It makes them feel good and	To any 30 minute exercise anything at all to get your heart pumping  7 Tind the time to declutter a space in your life  Go for a long Walk  14 Go for a long Walk  15 Attempt to drink 2 liters of water today  16 Take a step back from something that has been draining to you and focus on the good in life  21 Tull up a free yoga or stretch video on YouTube to do no youTube to do something your minutes earlier to spend time with yourself for prepare for the day  28 Get up 15 minutes earlier to spend time with yourself to prepare for the day  10 Write 5 positive affirmations and read each morning  Have a zero negativity atmosphere. No matter what happens stay positive  10 Have a no expectation day  12 Call a loved one who you haven't spoken to in a while  13 Take a step back from something that has been draining to you and focus on the good in life  14 Tull up a free yoga or stretch video on YouTube to do  15 Take a step back from something that has been draining to you and focus on the good in life  16 Town something that has been draining to you and focus on the good in life  17 Call a loved one who you haven't spoken to in a while  18 Town something that has been draining to you and focus on the good in life  18 Town something that has been draining to you and focus on the good in life  19 Town something that has been draining to you and focus on the good in life  22 Compliment someone today. Make eye contact and say it with a smile. It makes them feel good and	Do any 30 minute exercise anything at all to get your heart pumping  7 Find the time to declutter a space in your life  Go for a long water today  Attempt to drink 2 liters of water today  21 Full up a free yoaa or stretch video on YouTube to do  12 Write down on your Jour wind and spirit on paper and burn it  22 Pull up a free yoaa or stretch video on YouTube to do  23 Step pout of get up 15 minutes earlier to spend time with yourself to spend time with yourself to prepare for the day  24 Step out of get under the food will go to prepare for the day  25 Step out of many out water today  26 Compliment someon today. Wake eye contact and say it with a smile, It makes them feel good and them for yourally do to mean to measure the prepare for the day  26 Turn off phone for yearsity to measurivity atmosphere. No mattrious and strand talk with family the for 2 hours and strand talk with family  27 Turn off phone for yearsity the atmosphere. No mattrious and strand talk with family  4 Have a ero megativity atmosphere. No mattrious and strand talk with family  4 Have a tero megativity atmosphere. No mattrious and strand talk with family  4 Have a ero megativity atmosphere. No mattrious and strand talk with family  4 Have a ero megativity atmosphere. No mattrious and strand talk with family  4 Have a ero megativity atmosphere. No mattrious atmosphere. No mat