







November

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Do any 30 minute exercise anything at all to get your heart pumping	2 Write 5 positive affirmations and read each morning	3 Have a zero negativity atmosphere. No matter what happens stay positive	4 Turn off phone for 2 hours and sit and talk with family	5 Take 20 minutes to yourself to reset and meditate
6 Thank God for blessing you with another day ❤️	7 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	10 Have a no expectation day	11 Get 8+ hours of sleep and enjoy your day off ☺ 	12 Plan a movie night with family and stay in
13 Thank God for making sure you and your family have enough ❤️	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	17 Call a loved one who you haven't spoken to in a while	18 Make time to do something you love to do but have not been able to do in a long time	19 Get a massage, mani/pedi or indulge in anything to make time for yourself
20 Be at peace knowing God is in control. ❤️	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	23 Prepare a healthy meal for yourself or/and family	24 	25 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.
27 Pray for others and your family and loved ones, but do not forget to also pray for yourself ❤️	28 Get up 15 minutes earlier to spend time with yourself to prepare for the day	29 Step out of your comfort zone and do something you wouldn't normally do	30 Compliment someone today. Make eye contact and say it with a smile, It makes them feel good and you will too☺			

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