

November 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Say "Thank you" to someone, either in person or via a note, phone call, text, etc.	2 Volunteer for an "unpleasant" task (take out the trash, clean the toilet, etc.)	Election Day 3 Be graceful and non-judgmental to someone who may have different opinions than you.	4 Show off a gift you have received that means a lot to you (on your desk, wear jewelry, etc.).	5 Walk outside, take a deep breath, and give thanks for fresh air and whatever elements you meet!	6 Practice patience and let someone ahead of you to do something (wash hands, in line, etc.)	7 Give a "treat" to an outdoor animal (birdseed, scrap of food not around your home!)
8 Tell someone why you are lucky to have them in your life!	9 Send an e-mail of encouragement (it's Monday, after all!)	10 Share a talent you have with someone. If you are good at math, help with a problem.	Veteran's Day 11 Write a note of thanks to a veteran you may know, or even not know, and send it to a VFW post	12 Sing out loud in the shower, bath, car, laundry room, etc. Don't worry about anyone listening!	13 Spend some time in a quiet, low lit area and listen to what is around you. Savor the moment.	14 "Pay it forward" – it can be financial, or an act of kindness to an unsuspecting person.
15 Give the gift of time to someone (call them, e-mail them, write a note to them)	16 Apologize for something (even if is an apology to yourself)	17 Give a compliment to someone that you don't know. It can even be over the phone	18 Ask someone how they are doing, and really listen!!!	19 Try to not complain for a whole day, or most of it! Be grateful for the silence in your mind!	20 Think of a person who helped you with something tough. Reach out to them and say thanks!	21 Think about yourself and write down 7 positive attributes. Then post one on each day next week
22 Send a note to an elderly or sick person. Let them know they are in your thoughts.	23 Hold onto a leaf, rock, something from outside. Think about how it impacts life. Be thankful it exists!	24 Drink a glass of water and realize how lucky you are to have clean water available to you!	25 Write down as many blessings in your life as ¼ your age!	26 It's Thanksgiving! 🍂 Spend time with family or friends, social distancing, of course!	27 Go outside! Even if it is in the yard, looking at the trees. Listen to the sounds, feel the breeze (or snow, rain, etc.)	28 Pick a person in your life and send them a hand-made card via "snail mail!" Be creative or draw a smiley face!
29 Donate canned or packaged food, money, or clothing to charity	30 Look back at the month and all you had that you were grateful for! Keep these in mind during the winter months.					

