

November 2015 Self-Care Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>Are you doing a 30 Days of Thankfulness challenge this year? List 1 thing you are thankful for each day!</p>	<p>2</p> <p>What can you finish this week? Focus on that instead of starting something new!</p>	<p>3</p> <p>Ask for help finishing a goal that you've been working on.</p>	<p>4</p> <p>Do you use a notebook to catch all of your thoughts and to-dos? If not, try it! Write down everything you need to do and see if you feel better after having everything in one place!</p>	<p>5</p> <p>What are your plans for the holidays? It's a good time to start getting a handle on those now!</p>	<p>6</p> <p>It takes 21 days to form a new habit. What is a new habit you would like to work on? If you start Monday, you will have a formed a new habit this month!</p>	<p>7</p> <p>Take a 20 minute nap to refresh your body after a hard week!</p>
<p>8</p> <p>Spend some time today having fun with family or friends. Play a game, go to a movie, anything you enjoy doing together!</p>	<p>9</p> <p>Spend 15 minutes on a project you've been avoiding. You may not get done, but you will make some progress</p>	<p>10</p> <p>Have you been getting your fruits and veggies in? Have you thought about taking a supplement for the nutrition?</p>	<p>11</p> <p>Take 15 minutes and write a REAL letter to someone you care about!</p>	<p>12</p> <p>Have you been to the library lately? Check out a movie, book, or magazine!</p>	<p>13</p> <p>What is one holiday tradition that you'd like to start this year?</p>	<p>14</p> <p>Spend 30 minutes on something that makes you HAPPY.</p>
<p>15</p> <p>Find 15 things to donate to someone in need!</p>	<p>16</p> <p>Have a soup and sandwich night this week!</p>	<p>17</p> <p>Remember you can't change others. Accept them for who they are. Your soul will be more at ease.</p>	<p>18</p> <p>Create your holiday budget if you haven't done so yet!</p>	<p>19</p> <p>What can you do for 10 minutes to day to improve your health?</p>	<p>20</p> <p>What will you say "no" to so you can say "yes" to holiday activities?</p>	<p>21</p> <p>Do something that makes you laugh today!</p>
<p>22</p> <p>Don't complain about the weather for a whole week!</p>	<p>23</p> <p>Try a new recipe this week!</p>	<p>24</p> <p>Show kindness to others. This can be a hard time of year for many!</p>	<p>25</p> <p>Stay in tonight with a blanket and a good book!</p>	<p>26</p> <p>Be thankful today! Let others know you love them.</p>	<p>27</p> <p>As you get out your holiday decor, what can you donate to a deserving family?</p>	<p>28</p> <p>Take a 20 minute nap</p>
<p>29</p> <p>How can you serve someone else this week?</p>	<p>30</p> <p>What are 4 things that you want to do this holiday season? Schedule them!</p>	<p>"Believe you can and you're halfway there." -Theodore Roosevelt</p>	<p>"We can't help everyone, but everyone can help someone." -Ronald Reagan</p>	<p>"If opportunity doesn't knock, build a door." -Milton Berle</p>	<p>"Try to be a rainbow in someone's cloud." -Maya Angelou</p>	<p>http://womenwithintention.com</p>