

November 2016 Self-Care Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Are you doing a 30 Days of Thankfulness challenge this year? List 1 thing you are thankful for each day!	2 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!	3 Spend 10 minutes today creating your Christmas card list. If you don't finish, no worries, it's just a start!	4 Have you been getting your fruits and veggies in? Have you thought about taking a supplement for the nutrition?	5 Your emotional health is important, too! Do something today that brings you joy. Color, buy yourself flowers, sing!	6 Take a 20 minute nap to refresh your body after a hard week!
7 Daylight Savings Time ends today in the U.S. Don't forget to "fall back"!	8 Did you choose a new habit to work on for the rest of the month? Have you considered increasing how much water you drink?	9 What are your plans for the holidays? It's a good time to start getting a handle on those now!	10 Create your holiday budget if you haven't done so yet!	11 Remember you can't change others. Accept them for who they are. Your soul will be more at ease.	12 Get moving for 15 minutes today. Jumping jacks, going up and down the steps, or a short walk all count!	13 What is one holiday tradition that you'd like to start this year?
14 Find 15 things to donate to someone in need!	15 Have a soup and sandwich night this week!	16 What will you say "no" to so you can say "yes" to holiday activities?	17 Brighten someone's day today. Pay for someone's coffee, hold open a door, smile at a stranger.	18 Have a "No Complaining Day". Focus on your attitude!	19 It's easier to work out with the right music. Download a few songs to get you moving today!	20 Make a list of holiday movies that you want to watch! Request some DVD's from the library for some free fun!
21 Do something that is important to you today. Pray, exercise, journal, or read.	22 Make an extra batch of your dinner this week and freeze it to eat during this busy time of year!	23 Do you have a holiday playlist? Create one!	24 Stay in tonight with a blanket and a good book!	25 Be thankful today! Let others know you love them.	26 Do one chore today but look at it as a gift to yourself (because you are finishing it).	27 As you get out your holiday decor, what can you donate to a deserving family?
28 As you think about the holidays, what can you give others that are experiences and not clutter?	29 Clean out your refrigerator today!	30 Show kindness to others. This can be a hard time of year for many!	 "We can't help everyone, but everyone can help someone." -Ronald Reagan	 "If opportunity doesn't knock, build a door." -Milton Berle	 "Try to be a rainbow in someone's cloud." -Maya Angelou	 http://womenwithintention.com