



# NOVEMBER 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30		1 <b>Today, smile at as many people as you can!</b>	2 Text a friend and let them know you care	3 <b>Give someone a small gift... just because</b>	4 <b>Leave an encouraging note on someone's locker</b>	5 <b>Do something fun today and take a friend with you!</b>
6 <b>Volunteer to do yard work for a neighbor</b>	7 Go on a walk and look at the beauty of the world.	8 <b>Give a genuine compliment to someone today!</b>	9 <b>Say hello to three new people today</b>	10 <b>Surprise someone with a treat!</b>	11 Make a list of 5 good things that happened today.	12 <b>Veteran's Day</b>  <b>Thank a veteran for their service.</b>
13 Write down 10 reasons you are grateful today.	14 <b>Take a selfie with a friend and send them a copy.</b>	15 Mail a card to someone special	16 <b>Lend a helping hand to someone who needs you.</b>	17 Learn something new today!	18 <b>Send a text to someone you haven't talked to in a while.</b>	19 Go for a run or a walk--get your body moving!
20 <b>Leave three encouraging notes for someone to find.</b>	21 Be extra nice to someone working today.	22 <b>Call, not text a family member you love and say hi!</b>	23 Make a list of 10 reasons why you are happy to be alive.	24 <b>GIVE THANKS</b>	25 <b>Take a deep breath, look in the mirror and say, I am enough."</b>	26 Learn a new dance move and practice it with a friend
27 Let someone know that you care.	28 <b>Take your dog or your neighbor's dog on a walk!</b>	29 <b>Buy a few flowers for YOU and brighten up your room!</b>	30 Write down as many reasons as you can of why your life is great!	1	2	3