

November Wellness Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Be Excellent on Purpose!</i>	1 <i>Reflect on your October journal entries and goals that you are striving to reach.</i>	2 <i>Self Talk—Offer yourself a positive message today. Extend this to others.</i>	3 <i>Exercise Routine Start your day off with a walk and end your day with a walk each Wednesday this month.</i>	4 <i>Make it a goal to get 8-9 hours of sleep tonight. Stretch to help your body relax</i>	5 <i>Water for your brain and body. Consume an extra 2 glasses of water today.</i>	6 <i>Body Scan— Relax and notice any tensions, & sensations in your body. Do you need movement, relaxation, or stretching today?</i>
7 <i>Bundle up and go outside today. Notice how the seasons are changing. Embrace the change.</i>	8 <i>Make it a goal to get 8-9 hours of sleep tonight. Stretch to help your body relax.</i>	9 <i>Mindful Minutes Set a timer for 2 minutes. Relax and listen to your breath.</i>	10 <i>Exercise Routine Start your day off with a walk and end your day with a walk each Wednesday this month.</i>	11 <i>Water for your brain and body. Consume an extra 2 glasses of water today.</i>	12 <i>Write 5 people positive messages today.</i> 	13 <i>Carve out 30 minutes for self care today. Read, paint, exercise, dance.... Do what you need to replenish your energy.</i>
14 <i>Bundle up and go outside today. Notice how the seasons are changing. Embrace the change.</i>	15 <i>Water for your brain and body. Consume an extra 2 glasses of water today.</i>	16 <i>Be the Change You Wish to See in the World How will you make an intentional difference each day?</i>	17 <i>Exercise Routine Start your day off with a walk and end your day with a walk each Wednesday this month.</i>	18 <i>Journal: How does it feel to keep an exercise routine this month?</i>	19 <i>Mindful Minutes Set a timer for 2 minutes. Relax and listen to your breath.</i>	20 <i>Make it a goal to get 8-9 hours of sleep tonight. Stretch to help your body relax</i>
21	22	23	24	25	26	27
Set a Routine of Gratitude—Kindness—Being Thankful — Giving to Others Each day record in your journal 5 different things you are grateful for in the morning and evening. Spread kindness to everyone you meet. Share a Smile each day!						
28 <i>Walk and Talk Find a friend and walk and talk today.</i>	29 <i>Mindful Minutes Set a timer for 2 minutes. Relax and listen to your breath.</i>	30 <i>Journal Reflection Notice all the things, people, & events that brought you joy this month. Strive for journaling each day.</i>			Use the feelings chart to identify your feelings or a family members.	