

# November 2020

## Savoring Life's Joys



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Decide to look for what's good, even on the difficult days.	2 Do at least one thing today that brings you joy.	3 Celebrate today by doing something kind for someone else.	4 Get rid of three things you never use.	5 Share a healthy recipe with a co-worker.	6 Go for a hike and enjoy the weather (even if it's cold).	7 Encourage others to join you outside and enjoy time in nature.
8 Celebrate the things that bring happiness to your life.	9 Get outside and notice five things that are beautiful.	10 No matter where you are headed today, take a different route today and see what you notice.	11 Notice the joy to be found in the simple things of life.	12 Focus on a positive change that you want to see in society.	13 Remember that things can change for the better.	14 Thank yourself for achieving the things you often take for granted.
15 Make a list of things that you are looking forward to.	16 Write down 3 specific things that have gone really well recently.	17 Be kind to yourself today. Remember progress takes time.	18 Find a new perspective on a problem you face.	19 Look out for the positive news and reasons to be cheerful today.	20 Share a happy memory with someone who means a lot to you.	21 Find joy in music today: sing, play, dance or listen.
22 Rediscover a fun childhood activity that you can enjoy today.	23 Remember that funny movie you watched a while back? Watch it again.	24 Light a candle and enjoy some quiet time.	25 Where can you find joy today?	26 Slow down and enjoy your surroundings.	27 Do three things to bring joy to others today.	28 Have a virtual coffee date with a friend.
29 Draw something and allow your mood to dictate the result.	30 Tell a friend or family member 5 things you appreciate about them.	1	2	3	4	5
6	7	Notes				