

# 2022 NOVEMBER

## THE POSITIVITY PROJECT

*"We have two choices at all times: Do we see our situation as a combination of flaws to fix, or as a never-ending invitation to celebrate beauty?"*  
 — Jackie Viramontez

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	01 Write down three things you can look forward to this month.	02 Refrain from jumping to conclusions today.	03 Write an encouraging letter to a deployed or wounded member of the military through Operation Gratitude.	04 Do something that you find challenging today.	05 If you are procrastinating, break a task into smaller steps.
06 Start your day with the most important thing on your to-do list.	07 Remember team members' birthdays and important events and celebrate them!	08 Write down three things you appreciate about a friend or family member.	09 Show appreciation when people are kind to you.	10 Think about your role models when you need a dose of inspiration.	11 Write down three things you appreciate about yourself.	12 Be a realistic optimist. See life as it is, but focus on what is good.
13 Do something constructive to improve a difficult situation.	14 Avoid blaming yourself or others. Find a helpful way forward.	15 Recognize you have a choice about what to prioritize.	16 Find a new perspective on a problem you face.	17 Practice a body scan meditation.	18 Consider taking an online course to expand your knowledge in a new area of study.	19 Get involved! Sign up to join a community-related cause.
20 Plan a weekend in nature and decompress.	21 Allow someone to merge ahead into traffic.	22 Take time to remember your ancestors.	23 Take a moment to recognize and appreciate the things you enjoy.	24 Conserve water by turning it off when not in use, fixing leaks, and installing water-saving devices.	25 Listen to what your anxiety is trying to tell you.	26 Put a \$10 or \$20 bill in a book with a note that says, "Great choice! This book is on me!"
27 Diversify your news sources to see a bigger picture.	28 Take someone else's perspective, even if it is hard.	29 Ask for help to overcome an obstacle you are facing today.	30 Ask yourself, "will this still matter in a year from now?"	01	02	03
04	05	06	07	08	09	10
<p><i>"Perspectives are like batteries. You can see the positive or the negative, and they'll keep you charged up, if you replace them often enough."</i>                  — Curtis Tyrone Jones</p>						