



ACTION CALENDAR: NEW WAYS NOVEMBER 2020



SUNDAY

1 Make a list of new things you want to do this month

8 Find out something new about someone you care about

15 Go outside and do something playful - walk, run, explore, relax

22 Find a new way to tell someone you appreciate them

29 Discover your artistic side. Design your own Christmas cards!

MONDAY

2 Respond to a difficult situation in a different way

9 Plan a new activity or idea you want to try out this week

16 Look at life through someone else's eyes and see their perspective

23 Set aside a regular time to pursue an activity you love

30 Look for reasons to be hopeful, even in difficult times

TUESDAY

3 Get outside and observe the changes in nature around you

10 When you feel you can't do something, add the word "yet"

17 Try a new way to practice self-care and be kind to yourself

24 Share with a friend something helpful you learned recently

WEDNESDAY

4 Sign up to join a new course, activity or online community

11 Be curious. Learn about a new topic or an inspiring idea

18 Connect with someone from a different generation

25 Use one of your strengths in a new or creative way

THURSDAY

5 Change your normal routine today and notice how you feel

12 Overcome a frustration by trying out a new approach

19 Broaden your perspective: read a different paper, magazine or site

26 Tune in to a different radio station or TV channel

FRIDAY

6 Give yourself a boost. Try a new way of being physically active

13 Choose a different route and see what you notice on the way

20 Make a meal using a recipe or ingredient you've not tried before

27 Enjoy new music today. Play, sing, dance or listen

SATURDAY

7 Be creative. Cook, draw, write, paint, make or inspire

14 Find a new way to help or support a cause you care about

21 Learn a new skill from a friend or share one of yours with them

28 Join a friend doing their hobby and find out why they love it



"You never know what you can do until you try" ~ C. S. Lewis



ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/new-ways-november

Keep Calm · Stay Wise · Be Kind