



November 2021

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"A kind gesture can reach a wound that only compassion can heal." -Steve Maraboli

- 1 Text or call a friend you haven't been in touch with lately.
- 2 During Dia de Los Muertos, take a moment to remember a loved one who has died and appreciate what they brought to your life.
- 3 Remember that you do not need to do something quickly in order to do it well.
- 4 The next time you order takeout food, ask that no plastic cutlery be included.
- 5 If yours were a kind household, what would that look like? Think of three new ways you can practice kindness at home.
- 6 Take ten seconds to stop and savor the positive moments in your day.
- 7 Put on some music you loved years ago and enjoy the memories.
- 8 Indulge in a favorite treat and share with a friend.
- 9 Use your spare change to fill a meter for someone's car.
- 10 Acknowledge the thoughts in your head and the sensations in your body the next time you're feeling stressed.
- 11 On Veterans Day, take time to thank a veteran in your life.
- 12 Send a card in the mail to someone special.
- 13 Spread the message on World Kindness Day and thank someone for their kindness on social media.
- 14 Set aside the time to enjoy the sunset today!
- 15 It's National Recycling Day! Save any mailers from deliveries this month and reuse them, or drop them off at a local business for reuse.
- 16 Write down three traits that you are proud of.
- 17 Enjoy the outdoors in whatever way you can on National Hiking Day.
- 18 Put five Kind Notes in your bag or car so that you have them throughout the day when opportunity or inspiration arises. They can be written to friends or strangers!
- 19 Hold the door open for someone to walk through.
- 20 Tell a child in your life about why you prioritize practicing kindness.
- 21 Turn off your car instead of idling the next time you have a wait.
- 22 Opt for honest communication rather than saying what you think the other person wants to hear.
- 23 Give yourself permission to take breaks during the day to reset your focus and avoid stress.
- 24 Find three pieces of clothing to donate to a shelter.
- 25 Practice gratitude this Thanksgiving. Share three things you are grateful for with loved ones today, and ask them to do the same.
- 26 Honor Native American Heritage Day by learning more about the original inhabitants of your area.
- 27 Remember the important place that small businesses hold in your community and shop local on Small Business Saturday.
- 28 Thank those who bring light to your life on the first day of Hanukkah.
- 29 Shop local on Cyber Monday and opt in to donate to your favorite cause when available.
- 30 On Giving Tuesday, consider making a donation to your favorite local non-profit.