



# 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

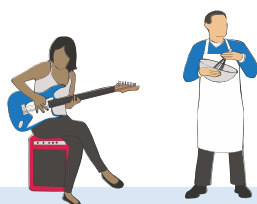
## SATURDAY

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

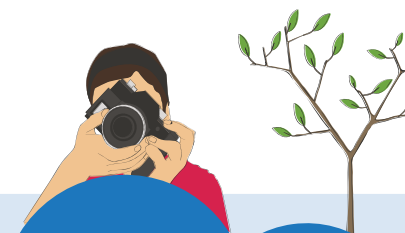
**14** Find a new way to help or support a cause you care about

**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](http://www.actionforhappiness.org)

Learn more about this month's theme at [www.actionforhappiness.org/new-ways-november](http://www.actionforhappiness.org/new-ways-november)

**Keep Calm · Stay Wise · Be Kind**