


# November

## Calendar Challenge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
November is all about JOY! Find joy in everyday this month by challenging yourself to do one small thing daily. Uplift those around you by getting your family, friends, and co-workers involved. Share your excitement and enjoyment with posts on Facebook, Instagram and Twitter with the hashtags <b>#sarahnsays</b> and <b>#ccnov18</b> . Visit <a href="http://sarahnsays.com">sarahnsays.com</a> to subscribe to future calendars. 				1 Be the supreme optimist	2 Listen to joyful music	3 Wear a color that makes you feel joyful
4 Smile as much as possible	5 Meditate on your successes	6 Practice positive affirmations	7 Spend some time in nature	8 Write a <i>Haiku</i> about joy	9 Eat a food that brings you joy	10 Be inspired by someone or something
11 Stay off all electronics for 3-4 hours	12 Take pride in who you are	13 Make a list of 5 things that bring you joy	14 Talk kindly to yourself	15 Journal at the end of your day	16 Smile at a stranger	17 Spend time with someone who brings you joy
18 Read an article about joyfulness	19 Do something that brings you joy	20 Celebrate the small victories in your day	21 Count your blessings <small>(how high can you go?)</small>	22 Celebrate someone who brings you joy	23 Create a bliss board	24 Have a good laugh
25 Get a good night's rest	26 Exercise to release endorphins	27 Go to the movies	28 Savor good memories	29 Perform an act of kindness	30 Nurture yourself by focusing on a need	<p>2019 Calendar Coming Soon</p> 