



NOVEMBER

Self-Care Calendar

MON

TUE

WED

THU

FRI

REJUVENATE WEEK

NOVEMBER IS NATIONAL HOMELESS YOUTH AWARENESS MONTH

Begin EACH WITH DAY (A) grateful HEARTS

1 SET TWO NEW GOALS

2 CREATE A HEALTHY ROUTINE THIS MONTH

3 FIND A NEW HOBBY TO ENJOY

CONNECTION WEEK

6 CONNECT WITH A FRIEND

7 JOURNAL ABOUT A POSITIVE MOMENT

8 CHECK IN WITH YOURSELF

9 FIND THE SILVER LINING IN THIS WEEK

10 VETERAN'S DAY
NO SCHOOL
DO SOMETHING THAT BRINGS YOU JOY

THANKS WEEK

13 TELL SOMEBODY THANK YOU TODAY

14 WRITE A THANK YOU NOTE FOR SOMEONE

15 SAY THANK YOU MORE OFTEN

16 SHARE THREE THINGS YOU ARE THANKFUL FOR

17 THANK YOURSELF FOR CHOOSING SELF-CARE

GRATITUDE WEEK

20 NO SCHOOL THIS WEEK
OFFER HELP TO A NEIGHBOR

21 EXPRESS GRATITUDE TOWARDS SOMEONE NEW

22 DO SOMETHING GOOD FOR YOUR COMMUNITY

23 MAKE A GRATITUDE JAR WITH FRIENDS OR FAMILY

24 GIVE SOMEONE A COMPLIMENT

FITNESS WEEK

27 BACK TO SCHOOL
GO ON A TEN MINUTE WALK

28 TRY YOGA HALFWAY THROUGH THE DAY

29 ENJOY THE SCENIC ROUTE ON YOUR WAY TO SCHOOL

30 ENCOURAGE A FRIEND TO GO ON A JOG WITH YOU

