

# November

2021

Sunday

Monday

Tuesday

Wednesday

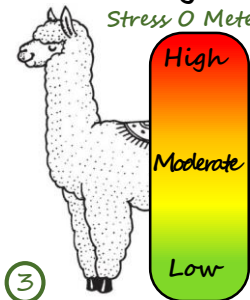
Thursday

Friday

Saturday

1  
**Wellness**  
What new activities will support a work/life balance this month?

2  
**Repeat Often**  
You are enough  
You have enough  
You do enough



4  
What can I do about it...

5  
**Experiment**  
Who wants to try new recipes and make dinner at home tonight?



8  
**Affirmation**  
Write a positive affirmation about yourself on a small piece of paper and keep it in your pocket all day long.

9  
**How did it go??**  
☐ It was great!  
☐ It was good.  
☐ Unsure, going to try this again.

10  
**One Stress Reliever**  
I'm committing to today is...



13  
**Kindness?**  
☐ Smile  
☐ Listen  
☐ Make a donation  
☐ Thank someone  
☐ Compliment  
☐ Pick up litter  
☐ Make dinner

14  
**Nutritious**  
What is one sugary item that can be substituted for something nutritious this week?

15  
**Greet**  
Let's look up how to greet others in different languages.  
1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

16  
**Let's leave the laptop at work, we can pick up where we left off tomorrow.**



18  
**Stretch.**  
Last 10 minutes of lunch, perfect time to stand up and do a Big Stretch.

19  
**Water**  
Time to get some water, this will be glass number...  
☐ 1 ☐ 4  
☐ 2 ☐ 5  
☐ 3 ☐ 6

20  
**Make the Connection**  
with someone, let them know they are worth the time!



22  
**Walk**  
Let's try to take a walk in-between tasks today.  
☐ I did it!  
☐ I will try again tomorrow

24  
**Be The Change**  
Be nothing changes if nothing changes

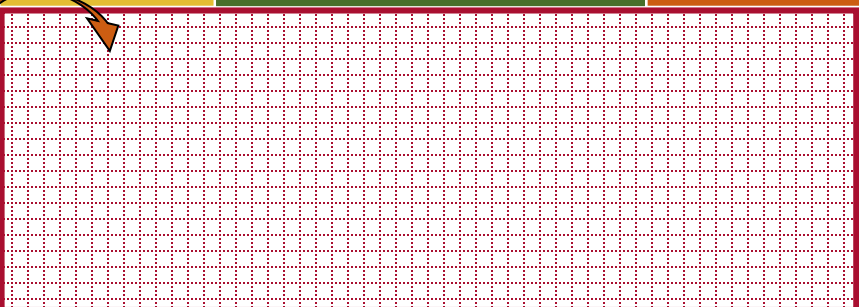


27  
**Reflect**  
What experiences this week can I reflect on and how will this help me grow?

28  
**Powering Down**  
Start the week by powering down 20 30 45 minutes early before bed.

29  
**Discovered**  
What can be discovered if we take a different path home today?

30  
**Peace**  
When did you feel at peace this month? What contributed to that?



Let's kick off November by identifying our personal stress-points and planning a course of action to solve them.

Go beyond accepting differences and really learn to understand others by honoring diversity.

Allow compassion and kindness to be contagious through your daily connections.

Choose an attitude of gratitude for all things big and small and give yourself grace because you're amazing! -Your office of Wellness

Origami helps develop hand-eye coordination, fine motor skills, and mental concentration and is used in various therapeutic settings. Origami challenges us at the cognitive level as we follow instructions, learning new skills and activities. Impulses are sent to the brain activating both left and right hemispheres, memory, non-verbal thinking, attention, 3D comprehension, and imagination are further stimulated by the brain's exploration of Origami. – Origami Spirit

Give yourself a *screen break* and *connect* with your *creative* side.

-Fill the box with a color of your choice (right click outline, press fill, pick color) or get imaginative and break out the markers.

-Cut on the dotted line and reference the calendar for folding instructions.

*Have Fun!!*

