



ACTION CALENDAR: NEW THINGS NOVEMBER 2018



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



“As long as you live, keep learning how to live” ~ Seneca



4 Enjoy new music today. Play, sing, dance or listen

5 Choose a different route and see what you notice on the way

6 Make a meal using a recipe or ingredient you've not tried before

7 When you feel you can't do something, add the word "yet"

1 Make a list of new things you want to try out this month

2 Broaden your perspective: read a different paper, magazine or site

3 Meet a new person and find out something about them

11 Be curious. Find out about three new topics or ideas

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

13 Be creative today - cook, draw, write, paint, make or inspire

14 Tell a friend about something helpful you learned recently

8 Teach yourself a new skill. Origami? First aid? Meditation?

9 Today connect with someone from a different generation

10 Get out into nature and observe the changing season

18 Learn a new skill from a friend and teach them one of yours

19 Sign up to join a new course, activity or evening class

20 Say hello to someone you see regularly but don't normally talk to

21 Learn to say a word or phrase in three different languages

15 Look at life through someone else's eyes and see their perspective

16 Join a new online community on a topic that interests you

17 Visit a local place of interest that you've not been to before

25 Discover your artistic side. Design your own Christmas cards!

26 Today wear something unusual and enjoy looking different

27 Tune in to a different radio station or TV channel to normal

28 Join a friend doing their hobby and find out why they love it

22 Choose to do something out of your normal comfort zone

23 Try a new way to practice self-care and be kind to yourself

24 Go outside and do something playful - walk, run, explore, relax

30 Set aside a regular time to pursue a new hobby



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