



NOVEMBER 2021 WELLNESS

SUN	MON	TUE	WED	THU	FRI	SAT
31 	1 Make a list of 5 things you are grateful for.	2 Tell at least 3 people why you are grateful for them.	3 Don't complain for 24 hours!	4 Show gratitude for those on your team.	5 Say thank you to someone with a difficult job.	6 Free Day
7 Make a list of ways you've impressed yourself lately.	8 Give someone you love an unexpected 10-second hug.	9 Tell a manager about the good service you received.	10 Leave a small gift of gratitude for someone special.	11 Thank a veteran for their service.	12 Send an email sharing how someone has helped you lately.	13 Wake up early to appreciate the sunrise.
14 Spread the good word on 1 of your favorite businesses.	15 Cover for a colleague so they can leave early.	16 Do something nice for yourself today.	17 Try to find the good in someone.	18 Text a contact to say something uplifting.	19 Say thank you to a maintenance worker.	20 Take a walk to reflect on what makes you happy.
21 Spend some time with your pets.	22 Bring a treat to work to celebrate your co-workers.	23 Be grateful for your body and all that it does for you.	24 Take some time for yourself today.	25 Share your gratitude for whomever you are with today.	26 Exhibit patience; even if you're in a hurry.	27 Enjoy this Saturday by being grateful for all that you have.
28 Share a smile with a stranger today.	29 Send a thank you note, just because.	30 Do something kind for somebody.	1	2	3	4

Cross off 20 days, once completed receive 10 Wellness points.

