2026

NOVEMBER

A Month of Momentum

One small push a day

MON	TUE	WED	THU	FRI	SAT	SUN
						1 Write down one goal for this month in one sentence
2 Do the first two minutes of a task you have avoided	3 Tidy your desk before you start work	4 Pick the one thing that would make today a good day	5 Say your plan out loud to someone	6 Finish one small task before checking your phone	7 Write what you will do tomorrow morning	8 Ask someone you respect for one piece of advice
9 Do one thing today that feels slightly uncomfortable	10 Look at your goal and cut it in half	11 **Veterans Day** Work for 25 minutes with no interruptions	12 Write down one thing you are proud of so far	13 Move your body for ten minutes	14 Remove one thing that distracts you	15 Halfway: write what has worked and what has not
16 Start with the hardest part for ten minutes	17 Tell a friend what you are working toward	18 Say no to one thing that is not important	19 Plan tomorrow in three lines before you sleep	20 Do a small favor for yourself that helps tomorrow	21 Review your progress and give yourself credit	22 Learn one new thing about your goal
23 Try a different way to do the same task	24 Rest for ten minutes, then continue	25 Write down a worry about your goal and one step for it	26 **Thanksgiving** Share one small win with someone	27 Do the task you least feel like doing first	28 Read your goal again and check it still matters	29 Do one thing now that your future self will thank you for
30 Write what you will keep doing next month						