NOVEMBER

A Month of Positive Psych...

Self-compassion. One small habit for well-being a day.

2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1 Speak to yourself like you would to a friend
2 Write down one thing you did well, however small	3 Notice a harsh thought and soften it	4 Say out loud: I am doing my best	5 Forgive yourself for one small mistake	6 Put a hand on your chest and breathe	7 Treat yourself to something small and kind	8 Write what you would tell a friend in your place
9 Take a break without feeling guilty	10 Notice that everyone struggles sometimes	11 **Veterans Day** Rest if you are tired, then go on	12 Write three things you like about yourself	13 Say no to something that drains you	14 Drink water, eat well and sleep early	15 Be patient with a slow day
16 Give yourself credit for getting through today	17 Write about a mistake and what it taught you	18 Take a warm bath or a slow walk	19 Look at a photo of yourself and smile	20 Remember a time you were kind to yourself	21 Let go of one thing you think you should do	22 Say a kind sentence to yourself in the mirror
23 Listen to music that makes you feel okay	24 Do something you love, just for you	25 Ask: what do I need right now?	26 **Thanksgiving** Write a short letter to yourself from a friend	27 Notice a worry and gently set it down	28 Wrap yourself in something warm	29 Write how you have grown kinder to yourself
30 Thank yourself for the month						