

New Ways November 2021

MONDAY



1

Make a list of new things you want to do this month

TUESDAY



2

Respond to a difficult situation in a different way

WEDNESDAY

3

Get outside and observe the changes in nature around you

THURSDAY

4

Sign up to join a new course, activity or online community

FRIDAY

5

Change your normal routine today and notice how you feel

SATURDAY

6

Try out a new way of being physically active

SUNDAY

7

Be creative. Cook, draw, write, paint, make or inspire

8

Plan a new activity or idea you want to try out this week

9

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

10

Be curious. Learn about a new topic or an inspiring idea

11

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

12

Find out something new about someone you care about

13

Do something playful outdoors - walk, run, explore, relax

14

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

15

Build on new ideas by thinking "Yes, and what if..."

16

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

17

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

18

Connect with someone from a different generation

19

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

20

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

21

Learn a new skill from a friend or share one of yours with them

22

Find a new way to tell someone you appreciate them

23

Set aside a regular time to pursue an activity you love

24

Share with a friend something helpful you learned recently

25

Use one of your strengths in a new or creative way

26

Try out a different radio station or new TV show

27

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

28

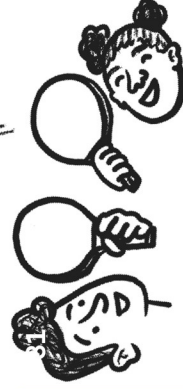
Discover your artistic side. Design a friendly greeting card

29

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

30

Look for new reasons to be hopeful, even in tough times



ACTION FOR HAPPINESS

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