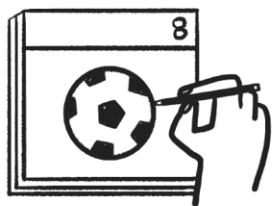


# New Ways November 2023

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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

2  
Respond to  
a difficult  
situation in a  
different way

3  
Get outside  
and observe  
the changes  
in nature  
around you

4  
Sign up to join  
a new course,  
activity or online  
community

5  
Change  
your normal  
routine today  
and notice how  
you feel

6  
Try out a  
new way of  
being physically  
active

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

Happier • Kinder • Together