


30 Days of **Easy Daily Self-Care** Ideas for November

	S	M	T	W	T	F	S
L A S T D A Y	30 Write down a list of your accomplishments this month.	27 	28	29	30 	31	1 Go for a scenic walk.
	2 Sleep in.	3 Enjoy a pumpkin spice latte.	4 Catch up with a friend.	5 Tidy your living space for 15 minutes.	6 Try pilates or stretching exercises at home.	7 Have a bubble bath with fall scents.	8 Take an afternoon nap.
	9 Go for a quick jog or walk.	10 Write down 3 things you're grateful for.	11 Do 15 minutes of morning or evening journaling.	12 Write down 3 reasons why you're awesome.	13 Listen to your favorite relaxing songs.	14 Have movie night in.	15 Make some time for your favorite hobby.
	16 Read a chapter (or more) from a book you love.	17 Add an inspiring framed quote to your work-space.	18 Enjoy some time outside on your lunch break.	19 Try some deep-breathing exercises.	20 Take a no-screen break.	21 Catch up on your favorite TV show.	22 Meet up for brunch with a friend/family.
	23 Have an at-home spa day or hour.	24 Watch an inspirational speech/talk.	25 Do something kind for yourself today.	26 Watch a comedy show in the evening.	27 Catch up with friends and family for Thanksgiving.	28 Get yourself a small gift.	29 Journal about how your month went.