

Simple Self-Care Ideas for November

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