November 2026

Well-Being Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Set A Positive Intention For The Month.	2 Take A 10-Minute Walk Outside.	3 Do Something Meaningful To You.	4 Unplug And Enjoy Some Quiet Time.	5 Take A Break From Multitasking.	6 End Your Day Thinking Of One Good Moment.	7 Make Time For A Hobby You've Missed.
8 Give Your Morning Routine A Fun Twist.	9 Practice Deep Breathing.	10 Take A Break Without Checking Your Phone.	11 Bring Lunch Instead Of Buying It.	12 Do Something Kind For Yourself Today.	13 Celebrate Making It Through The Week.	14 Donate Something You No Longer Need.
15 Visit A Place You've Been Wanting To Explore.	16 Take A Few Minutes To Stretch.	17 Share Something Positive About Your Workday.	18 Share A Tip That Makes Your Workday Easier.	19 Spend 15 Minutes Enjoying The Outdoors.	20 Try A New Way To Relax After Work.	21 Do Something Spontaneous Today.
22 Enjoy A Screen-Free Hour.	23 Reach Out To Someone You Appreciate.	24 Make Time For Something You Enjoy.	25 Keep Your Plans Simple Today.	26 Reflect On Something That Brings You Joy.	27 Give Yourself Permission To Rest.	28 Show Some Love To A Local Business.
29 Finish Something You've Already Started.	30 Celebrate Three Things That Went Well This Month.					

Be Well. Care Well.

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