

NOVEMBER MENTAL HEALTH CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	Meditate for 10 minutes	Read 5 pages from that book you wanted to read	Write down 5 things you are grateful for in your life	Help someone with a small task	Meditate 10 minutes	Dance to your top 3 favorite songs
7	8	9	10	11	12	13
Eat something that you love	Try reading 10 pages of that book you wanted to read	Write down 5 future goals & put them to your grateful list	Meditate 15 minutes	Take care of your body	Write yourself a love letter	Watch your favorite movie
14	15	16	17	18	19	20
Today you do everything that feels good	Meditate 10 min & write 5 things you are grateful for	Read 10 more pages of that book you love!	Help someone with a small task	Listen to a podcast that interests you	Write 5 things down you want to let go	Take care of your body's needs
21	22	23	24	25	26	27
Meditate 15 min	Write down 5 things you have accomplished since Nov 1	Write down 3 things you need to do by Nov 30	Get that food you have been craving	Get yourself the food you love, spend the day with a loved one & remember all the good things	Do one thing on your list from Nov 23 and 1 thing you love doing	Try meditating for 20 minutes
28	29	30				
Try reading 15 pages of the book you've been reading	Listen to a podcast or video of something you always wanted to	Read all your notes since Nov 1				