




November - A Month of Compassion & Friendship

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Celebrate the memory of a loved one who has passed today	2 Give support to a caregiver you know	3 Citrine is Nov's gem - it promotes happiness	4 Buy Chrysanthums as they symbolise compassion	5 What kindness can you spread today?
6 Set a kindness intention to start off your week	7 Grateful Tuesday - what are you grateful for?	8 Do something surprising for a friend today	9 Make kindness about you today. Be kind to you!	10 Freedom Friday - how will you express freedom?	11 Keep the day of Remembrance alive	12 A minute's silence for those who fell for our freedom
13 Honour World Kindness Day today	14 A tiny gesture of kindness creates a ripple of joy	15 Compassion is a source of inner happiness	16 Foster mutual understanding on Int Tolerance Day	17 On World Peace Day, help others find their peace	18 Do one thing that makes you smile today!	19 It's family day - how will you spend yours?
20 Today is the first day of the rest of your life	21 As the sun rises, what do you appreciate today?	22 How's the quality of your friendship with YOU?	23 US Thanksgiving Day - what are you grateful for?	24 Affirm today, 'I am kind and compassionate'	25 What value do you place on friendships?	26 Self-care Sunday - what will you do?
27 Set a happiness goal for the week ahead	28 Offer some kind feedback to someone today	29 Tell someone you love and appreciate them	30 Reflect on how being kind creates happiness			