

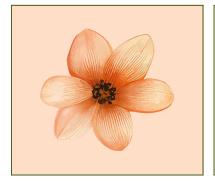
November					
1 Take a walk in fresh air no headphones	2 Take 3 slow breaths before your morning coffee	3 Do a gentle spinal flow (cat-cow, twist, reach)	4 Sit or stand in sunlight for 5 minutes	5 Hug a loved one or your pet for 20 seconds	
6 Walk barefoot in grass or dirt	7 Stretch before bed	8 Dance to one song	9 10-minute walk after lunch	10 Gratitude list of 3 things	
11 1-minute body shake- out	12 Breathe deeply for 2 minutes outside	13 Share your favorite calming playlist	14 Try a new gentle movement	15 Do 10 wall angels or posture resets	
16 Drink water before scrolling	17 Nature photo — no filter	18 5-minute stretch while dinner cooks	19 Write 3 wins from this week	20 Connect face-to-face instead of text	
21 Take a quiet drive or slow music moment	22 Walk after your meal	23 Deep belly breathing before bed	24 Gratitude photo (family, food, etc.)	25 Reflect on what felt best this month & tag us	
26 Reflect on	27 Happy	28	29	30	

Thanksgiving!

what felt best this month &

tag us

Notes



Utilize this area for your gratitude moments:					