



# ACTION CALENDAR: NEW THINGS NOVEMBER 2019



MONDAY



4 Today meet someone new and learn something about them

11 Be curious. Find out about three new topics or ideas

18 Join a new online community on a topic that interests you

25 Try a new way to practice self-care and be kind to yourself

TUESDAY

**"You never know what you can do until you try" ~ C. S. Lewis**

5 Choose a different route and see what you notice on the way

12 Find a new way to help or support a cause you care about

19 Say hello to someone you see regularly but don't normally talk to

26 Today wear something unusual and enjoy looking different

WEDNESDAY

6 Make a meal using a recipe or ingredient you've not tried before

13 Be creative today - cook, draw, write, paint, make or inspire

20 Sign up to join a new course, activity or evening class

27 Tune in to a different radio station or TV channel to normal

THURSDAY



7 When you feel you can't do something, add the word "yet"

14 Tell a friend about something helpful you learned recently

21 Learn to say a word or phrase in three different languages

28 Join a friend doing their hobby and find out why they love it

FRIDAY

1 Make a list of new things you want to try out this month

8 Today connect with someone from a different generation

15 Look at life through someone else's eyes and see their perspective

22 Choose to do something out of your normal comfort zone

29 Use one of your strengths in a new or creative way

SATURDAY

2 Broaden your perspective: read a different paper, magazine or site

9 Teach yourself a new skill. Origami? First aid? Meditation?

16 Learn a new skill from a friend and teach them one of yours

23 Go outside and do something playful - walk, run, explore, relax

30 Set aside a regular time to pursue a new hobby

SUNDAY

3 Enjoy new music today. Play, sing, dance or listen

10 Get out into nature and observe the changing season

17 Visit a local place of interest that you've not been to before

24 Discover your artistic side. Design your own Christmas cards!



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