



November

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

If your birthday is in November or you just want to live a little more intentionally this month, here are 31 ideas to inspire you to celebrate life in more meaningful ways.

#BDAYPROJECT #BEINTENTIONAL

		1 Set aside a journal or notepad to record one thing you are grateful for each day this month.	2 Grab an extra canned item each time you visit the market. Start a collection to donate during the holidays.	3 Keep a pack of Post-Its in your car /purse so you can leave encouraging notes when you are out.	4 Send a quick text to someone telling them why you're thankful for their friendship.	5 Cull your closets for coats, scarves and blankets you're not using. Donate to your local shelter.
6 Let someone go ahead of you in line at the store.	7 Brag about someone you admire on social media and tag them in the post.	8 Make a point to sincerely thank those who serve you in some capacity today.	9 Leave extra cash with the barista to pay for the coffee of someone who seems to need it.	10 Bring in a neighbor's newspaper or garbage can.	11 Confirm your friends, neighbors & coworkers have a place to celebrate Thanksgiving.	12 Call a local nursing home and find out what they need most right now.
13 Mowing/raking today? Go ahead and take care of your neighbor's yard too.	14 Are you leaving kind notes on those Post-Its? Leave 3 today on parked cars.	15 Stop by the Dollar Store and grab an umbrella to give to someone on the next rainy day.	16 Tell a kid something you admire about them.	17 Leave spare change in a gumball machine.	18 Ask the cashier if people are being nice to them today. Thank them for coming in to work.	19 Take cookies to your neighbor (they don't even have to be homemade!).
20 Ask a local school if there are holiday craft materials the teachers need.	21 Drop a card in the mail to someone you are thankful for.	22 Buy a dozen flowers and hand them out to strangers.	23 Hug someone just a little tighter.	24 Slow down, smile and sing (or hum!) a happy tune. Give the gift of patience today.	25 Wave someone ahead of you in traffic. SMILE!	26 Send a friend a printed photo you have of them or their family.
27 Deliver all the canned food items you've collected at your local food pantry.	28 Drop off some goodies at the police/department with a word of appreciation.	29 Sit and listen to a friend. You don't have to know what to say. Just be there.	30 Leave a larger tip than usual when you go out to eat.	31 Bring coloring books, crayons or games to the children's floor of your local hospital.		