# Action Calendar – New Ways November 2021

## New Ways November - Day 1 Monday

## Make a list of new things you want to do this month

## New Ways November - Day 2 Tuesday

## Respond to a difficult situation in a different way

## New Ways November - Day 3 Wednesday

## Get outside and observe the changes in nature around you

## New Ways November - Day 4 Thursday

## Sign up to join a new course, activity or online community

## New Ways November - Day 5 Friday

## Change your normal routine today and notice how you feel

## New Ways November - Day 6 Saturday

## Try out a new way of being physically active

## New Ways November - Day 7 Sunday

## Be creative. Cook, draw, write, paint, make or inspire

## New Ways November - Day 8 Monday

## Plan a new activity or idea you want to try out this week

## New Ways November - Day 9 Tuesday

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

## New Ways November - Day 10 Wednesday

Be curious. Learn about a new topic or an inspiring idea

## New Ways November - Day 11 Thursday

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

## New Ways November - Day 12 Friday

## Find out something new about someone you care about

## New Ways November - Day 13 Saturday

Do something playful outdoors - walk, run, explore, relax

## New Ways November - Day 14 Sunday

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

## New Ways November - Day 15 Monday

Build on new ideas by thinking “Yes, and what if... ”

## New Ways November - Day 16 Tuesday

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

## New Ways November - Day 17 Wednesday

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

## New Ways November - Day 18 Thursday

Connect with someone from a different generation

## New Ways November - Day 19 Friday

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

## New Ways November - Day 20 Saturday

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

## New Ways November - Day 21 Sunday

Learn a new skill from a friend or share one of yours with them

## New Ways November - Day 22 Monday

Find a new way to tell someone you appreciate them

## New Ways November - Day 23 Tuesday

Set aside a regular time to pursue an activity you love

## New Ways November - Day 24 Wednesday

## Share with a friend something helpful you learned recently

## New Ways November - Day 25 Thursday

Use one of your strengths in a new or creative way

## New Ways November - Day 26 Friday

Try out a different radio station or new TV show

## New Ways November - Day 27 Saturday

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

## New Ways November - Day 28 Sunday

Discover your artistic side. Design a friendly greeting card

## New Ways November - Day 29 Monday

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

## New Ways November - Day 30 Tuesday

Look for new reasons to be hopeful, even in tough times