# Action Calendar – New Ways November 2020

## New Ways November - Day 1 Sunday

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

## New Ways November - Day 2 Monday

Respond to a difficult situation in a different way

## New Ways November - Day 3 Tuesday

Get outside and observe the changes in nature around you

## New Ways November - Day 4 Wednesday

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

## New Ways November - Day 5 Thursday

Change your normal routine today and notice how you feel

## New Ways November - Day 6 Friday

Give yourself a boost. Try a new way of being physically active

## New Ways November - Day 7 Saturday

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

## New Ways November - Day 8 Sunday

Find out something new about someone you care about

## New Ways November - Day 9 Monday

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

## New Ways November - Day 10 Tuesday

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

## New Ways November - Day 11 Wednesday

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

## New Ways November - Day 12 Thursday

Overcome a frustration by trying out a new approach

## New Ways November - Day 13 Friday

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

## New Ways November - Day 14 Saturday

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

## New Ways November - Day 15 Sunday

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

## New Ways November - Day 16 Monday

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

## New Ways November - Day 17 Tuesday

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

## New Ways November - Day 18 Wednesday

Connect with someone from a different generation

## New Ways November - Day 19 Thursday

Broaden your perspective read a different paper, magazine or site

## New Ways November - Day 20 Friday

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

## New Ways November - Day 21 Saturday

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

## New Ways November - Day 22 Sunday

Find a new way to tell someone you appreciate them

## New Ways November - Day 23 Monday

Set aside a regular time to pursue an activity you love

## New Ways November - Day 24 Tuesday

Share with a friend something helpful you learned recently

## New Ways November - Day 25 Wednesday

Use one of your strengths in a new or creative way

## New Ways November - Day 26 Thursday

Tune in to a different radio station or TV channel

## New Ways November - Day 27 Friday

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

## New Ways November - Day 28 Saturday

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

## New Ways November - Day 29 Sunday

Discover your artistic side. Design your own Christmas cards!

## New Ways November - Day 30 Monday

Look for reasons to be hopeful, even in difficult times