

# November 2021 Happiness Calendar

This month, slow down and appreciate the good in your life.

Keep up with the latest on the science of connection, compassion, and happiness by [subscribing to our newsletters](#).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> Pause throughout the day to <b>breathe and ground yourself</b> in your body.	<b>2</b> To <b>communicate better with a mask on</b> , pay attention to your body language and voice.	<b>3</b> <b>Visualize yourself in someone else's shoes</b> to understand their thoughts and feelings.	<b>4</b> Practice saying no to <b>avoid burning out</b> .	<b>5</b> Journal about a time <b>you felt awe and wonder</b> .	<b>6</b> <b>Try not to avoid the suffering of others</b> —it may hurt your mental health.
<b>7</b> Be compassionate with yourself and <b>recognize that parenting is hard for everyone</b> .	<b>8</b> <b>Acknowledge feelings of resentment</b> so you can move past them.	<b>9</b> <b>Do you love compassionately?</b> Take our Compassionate Love quiz to find out.	<b>10</b> <b>Cultivate fulfilling hobbies</b> .	<b>11</b> Nature can help veterans (and everyone else) heal. <b>Get outside for Veterans Day</b> .	<b>12</b> Reflect on all the <b>gifts in your life</b> .	<b>13</b> When <b>facing a challenge</b> , take the perspective of an observer—or your future self.
<b>14</b> <b>Listen deeply and be curious</b> about other people's opinions.	<b>15</b> In addition to a to-do list, <b>make a list of things you've accomplished</b> .	<b>16</b> <b>Stop and tune in</b> to the information from your five senses.	<b>17</b> Look for a <b>small habit you can change</b> to be more environmentally friendly.	<b>18</b> <b>Practice hard conversations</b> before you have them.	<b>19</b> <b>Go for a walk with a friend</b> —it's good for your health!	<b>20</b> <b>Talk to your kids</b> about what they're learning and how they're feeling.
<b>21</b> <b>Recognize your habits around conflict</b> : Does it make you want to fight or flee?	<b>22</b> <b>Share your gratitude</b> for the people you work with.	<b>23</b> <b>Learn more about your ancestors</b> and their role in history.	<b>24</b> <b>Slow down and eat mindfully</b> to really enjoy your food.	<b>25</b> Avoid political arguments on Thanksgiving and <b>aim to understand each other</b> instead.	<b>26</b> <b>Balance out your screen time with regular exercise</b> .	<b>27</b> <b>Create a time capsule</b> of your everyday life.
<b>28</b> To <b>raise grateful kids</b> , be mindful of how you respond when they aren't grateful.	<b>29</b> <b>Be sensitive to the trauma</b> your coworkers may be experiencing.	<b>30</b> In hard times, <b>remember what matters to you</b> .				