

NOVEMBER

Go with the Flow

Outside Your Comfort Zone

New experiences can reinvigorate your life with energy and excitement. **10 ideas for new experiences:**

1. Learn a phrase in a new language.
2. Listen to a song in a genre of music you haven't tried before.
3. Try a new food or type of cuisine.
4. Say hello to a neighbor or co-worker that you don't usually talk to.
5. Try painting or pottery.
6. Go to bed an hour earlier.
7. Take a new route to work.
8. Learn a new musical instrument.
9. Go to a concert.
10. Turn off your phone or devices for a period of time.

SELF-CARE

Opportunities to do things differently can help you to overcome fear, stimulate creativity and learn more about self.

CHALLENGE: GO BEYOND YOUR COMFORT ZONE WITH THE PURPOSE OF TRYING NEW THINGS OR ENGAGING IN A UNIQUE EXPERIENCE.

Use the box in the daily grid below to mark an "X" if you met your daily goal.

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>October 2021</p> <p>S M T W TH F S</p> <p>1 2</p> <p>3 4 5 6 7 8 9</p> <p>10 11 12 13 14 15 16</p> <p>17 18 19 20 21 22 23</p> <p>24 25 26 27 28 29 30</p> <p>31</p>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	
7 <input type="checkbox"/> Daylight Savings Time Ends	8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>	11 <input type="checkbox"/> Veterans Day	12 <input type="checkbox"/>	13 <input type="checkbox"/> World Kindness Day	
14 <input type="checkbox"/> World Diabetes Day	15 <input type="checkbox"/>	16 <input type="checkbox"/>	17 <input type="checkbox"/> National Take A Hike Day	18 <input type="checkbox"/>	19 <input type="checkbox"/> Great American Smokeout	20 <input type="checkbox"/>	
21 <input type="checkbox"/>	22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 <input type="checkbox"/>	25 <input type="checkbox"/> Thanksgiving Day	26 <input type="checkbox"/> Black Friday	27 <input type="checkbox"/>	
28 <input type="checkbox"/>	29 <input type="checkbox"/> Chanukah	30 <input type="checkbox"/>	 <p>RAINBOW SWISS CHARD</p> <p>2 tbsp. olive oil • 1 medium red onion halved and sliced ¼ cup chicken broth • 3 garlic cloves, sliced • 2 tbsp. lemon juice 2 bunches rainbow Swiss chard, chopped • salt and pepper</p> <p>Heat a pot over medium heat. Add onion, cook until tender, add garlic and cook until soft. Add broth and chard, cook 5-6 minutes until tender. Remove from heat and stir in lemon juice, salt and pepper to taste.</p>			<p>December 2021</p> <p>S M T W TH F S</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>	