

NOVEMBER 2023

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5 Create a fun family time capsule of nostalgic items with shared memories to open together in the future.														6 Knit something for someone to cherish.							7 Make your voice heard and cast your vote.							8 Stay a little later to help a colleague struggling to finish a project.							9 Create a Birthday Box for someone special filled with keepsakes.							10 Thank a veteran by donating to a worthy cause in their name or lend a hand in a VA hospital.							11 Send coloring books, toys, and balloons to a children's hospital.																																																																																																								
12 Hand out free hot coffee to commuters waiting for their bus/train.														13 Put your phone away while in the company of others.							14 Make spa beauty care packages with lotion, nail polish, and nail files for the ladies in your life.							15 Spend today saying and thinking only nice things about everyone you encounter.							16 Plan a road trip to someplace new.							17 Join a group that shares your own interests.							18 Plan to become CPR-certified next year.																																																																																																								
19 Leave a \$5 bill on a Red Box with a note "some snacks on me" for the next person who rents a video or game.														20 Introduce yourself to your neighbors and invite them over to dinner.							21 Host a dinner and ask everyone to write a note about what they appreciate about each guest to read aloud before dinner.							22 Invite a new co-worker to lunch.							23 FREE DAY! How can I show appreciation today?							24 Donate to a charity that helps create equality.							25 Bake a cake for a friend or partner for their birthday or special occasion.																																																																																																								
26 Think of how you can use your unique talents to make a positive difference.														27 Pay it forward to the next person in line at the movies.							28 Silence any negative thoughts, self-doubt, or judgments today.							29 Be welcoming to a new neighbor, classmate, or co-worker.							30 Start a gratitude journal with all the things you are thankful for.							1							2																																																																																																								