**ACTION CALENDAR: NEW THINGS NOVEMBER 2018**

**SUNDAY**
1. Enjoy new music today. Play, sing, dance or listen
   - "As long as you live, keep learning how to live" ~ Seneca
2. Choose a different route and see what you notice on the way
3. Be curious. Find out about three new topics or ideas
4. Learn a new skill from a friend and teach them one of yours
5. Discover your artistic side. Design your own Christmas cards!
6. Today wear something unusual and enjoy looking different

**MONDAY**
1. Make a list of new things you want to try out this month
2. Broaden your perspective: read a different paper, magazine or site
3. Meet a new person and find out something about them
4. Find a new way to help or support a cause you care about
5. Be creative today - cook, draw, write, paint, make or inspire
6. Sign up to join a new course, activity or evening class
7. Say hello to someone you see regularly but don’t normally talk to
8. Learn to say a word or phrase in three different languages

**TUESDAY**
1. When you feel you can’t do something, add the word "yet"
2. Teach yourself a new skill. Origami? First aid? Meditation?
3. Today connect with someone from a different generation
4. Join a new online community on a topic that interests you
5. Visit a local place of interest that you’ve not been to before
6. Tune in to a different radio station or TV channel to normal
7. Join a friend doing their hobby and find out why they love it

**WEDNESDAY**
1. Choose to do something out of your normal comfort zone
2. Try a new way to practice self-care and be kind to yourself
3. Use one of your strengths in a new or creative way
4. Set aside a regular time to pursue a new hobby
5. Listen to a different podcast
6. Use a different mode of transport to get somewhere

**THURSDAY**
1. Make a list of new things you want to try out this month
2. Broaden your perspective: read a different paper, magazine or site
3. Meet a new person and find out something about them
4. Find a new way to help or support a cause you care about
5. Be creative today - cook, draw, write, paint, make or inspire
6. Sign up to join a new course, activity or evening class
7. Say hello to someone you see regularly but don’t normally talk to
8. Learn to say a word or phrase in three different languages

**FRIDAY**
1. When you feel you can’t do something, add the word "yet"
2. Teach yourself a new skill. Origami? First aid? Meditation?
3. Today connect with someone from a different generation
4. Join a new online community on a topic that interests you
5. Visit a local place of interest that you’ve not been to before
6. Tune in to a different radio station or TV channel to normal
7. Join a friend doing their hobby and find out why they love it
8. Use of your strengths in a new or creative way
9. Set aside a regular time to pursue a new hobby

**SATURDAY**
1. Choose to do something out of your normal comfort zone
2. Try a new way to practice self-care and be kind to yourself
3. Use one of your strengths in a new or creative way
4. Set aside a regular time to pursue a new hobby
5. Listen to a different podcast
6. Use a different mode of transport to get somewhere
7. Join a friend doing their hobby and find out why they love it
8. Use of your strengths in a new or creative way

**ACTION FOR HAPPINESS**

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)