

# NOVEMBER 2022

As the holiday season begins, join us in celebrating the strengths that make a positive contribution (**kindness and creativity**) and recognize the contributions of others (**gratitude**). By expressing these strengths, you can create positive ripples in your life, relationships, workplace and community. With each daily prompt, reflect on how your mindset and your actions are spreading goodwill.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Use your <b>unique profile of strengths</b> to cultivate greater happiness.	2 Boost compassion with this <b>Loving-Kindness Meditation</b> activity.	3  GRATITUDE	4 The next time someone does something you appreciate, be sure to let them know.	5 Watch a movie or listen to a song that reminds you of kindness.
6 Exercise your creativity by practicing these <b>10 habits</b> .	7 Learn what makes <b>gratitude</b> different from thankfulness.	8 Demonstrate kindness by putting others at the center.	9 Discover how kindness and creativity can <b>build stronger communities</b> .	10 Practice a deep sense of thankfulness with this guided <b>Gratitude Meditation</b> .	11  CREATIVITY	12 To best practice gratitude, look creatively for new situations in which to feel grateful.
13 Take time to perform an <b>act of kindness</b> today! #WorldKindnessDay	14 Write down 5 things you are grateful for this week. Then say them aloud.	15 Be kind to yourself. Self-compassion is equally important.	16 Pick an interaction today. Instead of saying "thank you," name what you feel grateful for.	17 Show <b>creativity</b> every day through originality and adaptiveness.	18 Why you should say these <b>five thank you's</b> every day.	19 Change your daily routine and look at the world with fresh eyes.
20 Extend a genuine compliment today on what makes someone special.	21 Use creativity to help <b>break bad habits</b> .	22 Show sincere appreciation when someone serves you food or drink.	23  KINDNESS	24 Practice gratitude with this <b>Three Good Things</b> activity.	25 Express creativity by making art, or cooking a new meal.	26 Be mindful of your words. Grateful people use language like gift, blessing, and thanks.
27 Discover the defining pillars that make up <b>kindness</b> .	28 Offer a helping hand to someone, such as holding a door for a stranger.	29 Learn about some ways to <b>better express gratitude</b> to your partner.	30 Read about <b>3 science-based strategies</b> to increase creativity.			