

# NOVEMBER

IT LOOKED LIKE THE WORLD WAS COVERED IN A COBBLER CRUST AND OF BROWN SUGAR AND CINNAMON.

SUN	MON	TUE	WED	THU	FRI	SAT
	Create a mood boosting playlist 		Do a guided meditation 		Create time to be off social media 	
Do a 10 minute pick up of your place 		Connect with a friend or family member 		Pick one bad habit you want to work on 		Don't spend your weekend in your pyjamas 
	Step outside and notice the nature 		Wear an outfit that makes you feel awesome 		Braindump EVERYTHING for the holidays 	
Do a Sunday prep 		Track your water intake 		Imagine your perfect day 		Slow down and saver the little moments 