2026 November

A MONTH OF GRATITUDE & COMPASSION & SO MUCH GOODNESS!

1 **Daylight Savings Time Ends**
As the days grow darker, remember: We don't have to shine harder. We just have to come closer. Reach out to someone today and share some goodness.

2 Shake off the stress, raise your vibration & send a lot of compassion, hope & goodness out the world! Join tonight's
Rock the Vote Move your Joy!
It's a joyful Let Your Yoga Dance FREE Zoom Event!
Register at happinesselement.com

3 **VOTE** if you haven't already!
Then send loving thoughts & goodness into the world.

4 **Breathe.**
Be a symbol of hope & peace today, no matter what others say or do.

5 Today, pause before you speak, and choose words with positive intention.

6 Pay for the person behind you in line.

7 Today is Book Lovers Day. Find a quiet nook and reread a book that once inspired or touched you.

8 Today, start a little November tradition. Send a "thank you" note to 4 people who have made your life better - 1 a week!

9 TODAY IS THE NEW MOON. DO SOMETHING COMPASSIONATE FOR YOURSELF THAT YOU'VE NEVER DONE!

10 Send flowers to someone just because.

11 Say Thank You to a Veteran today.

12 Make eye contact & smile at strangers today. It's amazing how you'll feel when they smile back.

13 WORLD KINDNESS DAY!
Do a random act of KINDNESS today!

14 Make a donation.

15 Remove complaints and curses for one week. (i#3$%

16 GO ON A HIKE TODAY!
FIND & HUG A TREE!

17 Focus on peace today. Repeat over and over...
"Let it go."

18 Think of ONE thing you are extremely grateful for.

19 Me
MAKE TODAY "BE-KIND-TO-ME" DAY
(Speak only nice things to yourself.)

20 Forgive someone who has hurt you.
Practice Ho'oponopono

21 DO A DANCE OF GRATITUDE!
Listen to Karen Drucker's "I'm so Grateful" and Dance! Dance! DANCE!

22 Ask yourself "What can I do to love myself a little more today?"

23 Give someone a genuine compliment.

24 Reach out to someone you haven't spoken to in a while and wish them a Happy Thanksgiving!

25 Make a Hand Turkey! Tap back into that holiday feeling you had as a kid!

26 Feast on hope and love today... then watch Miracle on 34th Street and
BELIEVE!

27 SHOP!
for a gift for yourself, too.

28 Buy some small gift cards & randomly give them away to strangers throughout December!

29 BUY A GRATITUDE JOURNAL FOR DECEMBER.
Prepare for 2027 by listing all the things you are grateful for from 2026.

30 End the month how we started: with so much goodness. Reach out to someone whose light might be flickering. Remind them they don't have to shine alone.

The Happiness Element

download this calendar and goodness at happinesselement.com/calendar