

# November



ACTION PLAN FOR COMPASSION, GRATITUDE, PEACE, HAPPINESS

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

What I'll do today to focus on peace and compassion:

What I'll do today to focus on peace and compassion:

What I'll do today to focus on peace and compassion:

What I'll do today to focus on peace and compassion:

What I'll do today to focus on peace and compassion:

What I'll do today to focus on peace and compassion:

What I'll do today to focus on peace and compassion:

I'm grateful for:

I'm grateful for:

I'm grateful for:

I'm grateful for:

I'm grateful for:

I'm grateful for:

I'm grateful for:

