

**I NEVER LOSE
THE WILL TO
SPREAD MY
WINGS**

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NOVEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 GRATITUDE Own your greatness!	2 GOAL-SETTING List 2 goals you want to accomplish this month	3 GRIT Listen intently during your conversations	4 GRATITUDE Take pride in who you are	5 GOAL-SETTING Take action towards one of your 2021 GOALS	6 GRIT Practice doing something you're good at
7 GRATITUDE Get some fresh air and express gratitude for nature	8 GOAL-SETTING Listen to an inspirational message about goal-setting	9 GRIT Recite your success mantra	10 GRATITUDE Make a list of 5 things that bring you joy	11 GOAL-SETTING Write a few sentences about how accomplishing your goals would enhance your life	12 GRIT List 3 things you have control over to make today great	13 GRATITUDE Keep a positive attitude all day
14 GOAL-SETTING Meditate on your goals for 10 minutes	15 GRIT Write down something that is weighing on you	16 GRATITUDE Be the calm voice in a stressful situation	17 GOAL-SETTING Take action towards one of your 2021 GOALS	18 GRIT Remind yourself to never give up on your goals and dreams!	19 GRATITUDE Celebrate the small victories in your day	20 GOAL-SETTING Accomplish something you've been putting off
21 GRIT Stretch for 10 minutes before bed	22 GRATITUDE Be there for someone when they need you	23 GOAL-SETTING List 3 things you will accomplish <u>today</u> - no excuses!	24 GRIT Share an inspiring message of upliftment and encouragement	25 GRATITUDE Spend time with people you love	26 GOAL-SETTING Reflect on what you have done this month to invest in yourself!	27 GRIT Participate in an engaging activity
28 GRATITUDE Take a relaxing bath	29 GOAL-SETTING Exercise patience	30 GRIT Be intentional with your words and actions!				