

NOVEMBER 2021

"If you are never scared, embarrassed, or hurt, it means you never take chances."

JULIA SOUL



NANOWRIMO	1 SCREAM INTO A PILLOW	2 LISTEN TO LOUD MUSIC	3 STRESS AWARENESS DAY	4 TALK TO A PET	5 TAKE A BRISK WALK	6 PLAY OUTSIDE DAY
7 HOLD AN ICE CUBE	8 ASSIGN A COLOR TO YOUR FEELINGS	9 WATCH A FUNNY MOVIE	10 WORLD FREEDOM DAY	11 VETERAN'S DAY	12 USE A STRESS BALL	13 WORLD KINDNESS DAY
14 PAJAMA DAY	15 DO JUMPING JACKS	16 INTERNATIONAL TOLERANCE DAY	17 WORLD PEACE DAY	18 TAKE A COLD SHOWER	19 MAKE YOURSELF LAUGH	20 TAKE TIME FOR YOURSELF
21 THINK OF A POSITIVE EXPERIENCE	22 RELEASE ANGER BY EXERCISING	23 MAKE A NEW PLAYLIST	24 SMILE IN THE MIRROR	25 THINK OF WHAT YOU'RE THANKFUL FOR	26 DO SOMETHING FOR SOMEONE ELSE	27 TAKE A DEEP BREATH
28 GET COZY WITH A BLANKET	29 THINK OF WHAT IS TO COME	30 PERSONAL SPACE DAY				