REFLECTIVE NOVEMBER, ASSESS AND RECHARGE

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SERENITY SATURDAY

SLOW DOWN SUNDAY

MINDFULL MONDAY

TENDER TUESDAY

WELLNESS WEDNESDAY

THANKFUL THURSDAY

FEEL GOOD FRIDAY

Welcome to Reflective November, DREAM BIG OR GO HOME

REST UP Your body hears everything your mind says. Keep it quiet up there

Reflect on the goal you set at the beginning of the year. Is it still relevant? What have you learned about yourself in the first half of this year?

Just be yourself, let people see the real, imperfect, flawed, quirky, weird, beautiful, and magical person that you are.

You are worthy of your own care." What feeling do you hope to cultivate more as the year closes? A healthy outside starts from the inside.

Acknowledging Support Have you gone out of your way to care for another person other than yourself?

A good laugh is sunshine in the house. Reminisce on that time when you felt whole and happy.

80 Intersex Remembrance Day: "Embrace the diversity within the rainbow."

REST UP Early to bed and early to rise makes a woman healthier, sexier, and wiser

RESTUP

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Digital Sabbath Dedicate this day to fully being present. Focus on being comfortable and mentally quiet.

Reflect on the qualities of a healthy friendship or partnership for you. Nourish the bonds that lift you.

The body is not a thing, it is a situation. Do a body scan. Where are you holding tension?

Trans Awareness Week #Deepen Solidarity

Reflect on the boundaries you have set all year, affirm them. "Boundaries protect your peace."

Track your energy When do you feel most energetic or most drained? "Your well-being is the priority."

Reflect on what financial safety feels like for you? "Security brings deep rest," and conscious spending is self-respect.

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Reflect on one internalized negative aspect about your body, challenge those stories that limit you.

Reflect on a moment where you felt pure, queer joy. How did that make you feel? "Seek spaces that celebrate you."

Journal about an aspect of your identity that brings you power and joy. "Be your own bright light **#TDOR**

Reflect on why taking guilt-free rest has enabled you to show up for yourself and your community? "Rest is not a reward, it's a right."

Be loud about the things that are important to you. Reflect on just five things you are genuinely proud of right now.

Plan for adventures, don't let life get that serious. What new thing would you like to experience this month/rest of the year?

Take 5 minutes for a mindful breathing exercise "Breathe in peace, breathe out worry."

Silence encourages the tormentor, SPEAK UP, 16 Days of Activism Against Gender-**Based Violence. UNITE to End Digital Violence** against All Women and Girls

Reflect on one thing you are finding hard to accept right now. Re-read it and say, "I am doing my best." Reflect on your support circle. Write them a note of thanks and send it. "Connection is the cornerstone."

You only live once, but if you do it right, once is enough. Celebrate your November wins.

International Women's Human Rights Day,

To be visible is an act of

power.

Stop hating yourself for everything you aren't and start loving yourself for everything you already are.









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