

# NOVEMBER

# GOALS

S	M	T	W	TH	F	S

HELLO NOVEMBER! PUT TOGETHER A "THANKSGIVING IDEAS" PINTEREST BOARD - GO TO YOUR FAVORITE COFFEE SHOPS MORE OFTEN - START PLANNING OUT YOUR GOALS FOR 2015 - SPEND EXTRA TIME WITH LOVED ONES - MAKE A LIST OF 100 THINGS YOU ARE GRATEFUL FOR - START PLANNING YOUR CHRISTMAS GIFT GIVING - PRACTICE BEING MORE CALM - READ SIMPLE ABUNDANCE BY SARA BAN BREATHNATCH - EAT GOOD FOOD

