

NOVEMBER

THE YOGI GROUP POSITIVE CALENDAR

MON	TUE	WED	THU	FRI	SAT	SUN
LOOK IN THE MIRROR AND SMILE	BREATHE IN & BREATHE OUT WITH A BUZZ (LIKE A BEE)	DO SOMETHING NICE FOR SOMEONE	LISTEN TO A HAPPY SONG AND DANCE	PICK UP LITTER IN YOUR AREA (WEAR GLOVES)	MAKE SOMETHING FOR A FRIEND AND POST IT TO THEM	CREATE A HAPPY JAR
GO FOR A WALK AND NOTICE ALL THE THINGS YOU LIKE	WRITE YOUR OWN FAIRYTALE	WHAT WOULD YOU DO IF YOU KNEW YOU WOULD NOT FAIL?	HOW DOES YOUR BEST FRIEND DESCRIBE YOU?	BE KIND TO YOUR BODY - EAT SOMETHING REALLY HEALTHY	HAVE A GO AT SKIPPING TODAY	PAINT SOMETHING COLOURFUL TODAY
LEARN THE SUN SALUTATION	MEDITATION CHALLENGE (1 MINUTE)	DO 10 BIG SLOW BREATHS	INHALE CONFIDENCE EXHALE WORRIES	WHO ARE YOUR FAVOURITE PEOPLE? TELL THEM WHY	PLAY FRISBEE TODAY	DRESS EXACTLY HOW YOU WANT TO
MAKE A POSTER OF 10 THINGS YOU LIKE ABOUT YOURSELF	TREE POSE CHALLENGE (30 SECONDS)	LEARN A JOKE AND TELL IT TO YOUR FRIENDS	HOW HEALTHY CAN YOU EAT FOR A WHOLE DAY	THINK ABOUT YOUR PERFECT DAY (THEN DRAW IT)	YOU GOT THIS (YOU ARE INCREDIBLE)	HAVE A LOVELY BUBBLE BATH
STAND IN MOUNTAIN POSE AND BE PROUD OF WHO YOU ARE	WHAT ARE YOU GRATEFUL FOR?	WALK BAREFOOT IN THE GRASS	WHAT ANIMAL ARE YOU MOST LIKE?	YOU DON'T NEED TO BE ANYTHING BUT YOURSELF	DE-CLUTTER YOUR BEDROOM	WRITE DOWN 3 DREAMS
WRITE DOWN OR SHARE YOUR WORRIES (IT HELPS)	GIVE SOMEONE A COMPLIMENT	SHOUT OUT LOUD "I AM AMAZING"	MAKE UP A DANCE TO YOUR FAVOURITE SONG	MEDITATION CHALLENGE (2 MINUTES)	CREATE A POSTER OF ALL YOUR ACHIEVEMENTS	YOU ARE SO AWESOME!

