

# November



## ACTION PLAN FOR COMPASSION, GRATITUDE, PEACE, HAPPINESS

Sunday

What I'll do today to  
focus on peace and  
compassion:

I'm grateful for:



Monday

What I'll do today to  
focus on peace and  
compassion:

I'm grateful for:



Tuesday

What I'll do today to  
focus on peace and  
compassion:

I'm grateful for:



Wednesday

What I'll do today to  
focus on peace and  
compassion:

I'm grateful for:



Thursday

What I'll do today to  
focus on peace and  
compassion:

I'm grateful for:



Friday

What I'll do today to  
focus on peace and  
compassion:

I'm grateful for:



Saturday

What I'll do today to  
focus on peace and  
compassion:

I'm grateful for:

