

# NOVEMBER CHALLENGE

We can't wait to dive into this month's challenges with you!

You can accept one, two, or all three of the challenges and make them your focus for the month.

We aim to hit on every facet of your life over the course of the year, with the intention of bringing more health, enjoyment, and self-care into your life. Please share your wins (and misses), what you're doing, and how it's all going in our private Facebook group! Your stories can help other moms find the motivation to try something new and help each of us stay accountable as we reach for our goals.

## Challenge 1 - Create a Daily Gratitude Practice

November and the rapidly approaching holiday season seems like the perfect time to focus our attention on a daily gratitude practice.

According to Harvard Health:

The word gratitude is derived from the Latin word gratia, which means grace, graciousness, or gratefulness. With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. As a result, gratitude also helps people connect to something larger than themselves as individuals — whether to other people, nature, or a higher power.

In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

People feel and express gratitude in multiple ways. They can apply it to the past (retrieving positive memories and being thankful for elements of childhood or past blessings), the present (not taking good fortune for granted as it comes), and the future (maintaining a hopeful and optimistic attitude). Regardless of the inherent or current level of someone's gratitude, it's a quality that individuals can successfully cultivate further.

The options of ways to practice daily gratitude are endless, but here are a few ideas to get you started:

- We love this daily shower practice, added bonus it can help strengthen your marriage!
- Practice a guided gratitude meditation.
- Practice gratitude at the dinner table with your family.
- Keep a gratitude journal.
- Focus your gratitude on a daily theme.

## Challenge 2 - Send Cheer

Once again in light of the upcoming holidays, we thought this would be a great month to embrace a challenge to spread cheer.

This month we challenge you to do something to bring a little cheer to someone else's day. Based on the research this will also likely help you with Challenge 1!

- Buy a coffee for the person in line behind you
- Send a note to a friend you haven't seen in a while
- Surprise a parent with a flower delivery
- Deliver cookies to a neighbor
- Clip an interesting article you think a loved one might be interested in and send
- Send a token of appreciation to a person that has been a big support to you
- Surprise your partner by taking a chore or "to-do" off their plate

Get creative and think outside of the box. Think about friends, family, and strangers you might pass in daily life. Perhaps even make out a list of all the ways you will try to spread cheer this month. Challenge yourself to do a little something each day! Share with us in the Facebook group! We want to know what you're doing!

### Challenge 3 - Be a "YES" Woman

Ever notice how easy it is to fall into a pattern of saying no, particularly to your kids?

It can sometimes be helpful to force ourselves out of patterns in order to gain new experiences and feel a fuller sense of satisfaction from life.

This month we challenge you to be a "yes" woman! This means saying yes to things you may have said no to previously (as long as they are safe, add value to your life or that of a loved one, and will not put undue stress on you).

If a child asks for a cupcake for breakfast, say yes (even though you had planned a breakfast casserole)!

If a partner asks you to go for a walk after dinner, say yes (even though the dishes need washing)!

If a friend asks you to hop on a happy hour zoom call, say yes (even though you're tired and just want to Netflix on the couch in your comfiest leggings).

If a child asks to play legos with you, say yes (even though you have work waiting - take 20 minutes and be fully present with your child and the legos).

Think of how magical it would be for your child to provide them a "yes" afternoon. Every request for snacks, activities, and play is granted! For one afternoon, be a "yes" mom and make magic happen for your child.

Sometimes, the simple act of saying "yes" can actually be the hardest part. But, saying yes to these types of requests can create cherished memories and will be incredibly special to the people you've said "yes" to. We think this also nicely complements the other November challenges.

*Special Note: This does not mean saying yes to every work request or project thrown your way. Use your discretion and stick to the meaning of this challenge which is to connect you with loved ones and create special memories you may have passed on before because you had too much to do or were too tired.*

# NOVEMBER CHALLENGE

## CHALLENGE 1: DAILY GRATITUDE PRACTICE

This month we challenge you to create your own daily gratitude practice, whether through a journal, meditation, family dinner routine, daily theme, or daily shower habit. Find a routine that will work for you and make November the month of gratitude!

## CHALLENGE 2: SPREAD CHEER

Do something to spread a little cheer to someone else. Get creative and think outside of the box. Think about friends, family, and strangers you might pass in daily life.

## CHALLENGE 3: SAY "YES"

This month we challenge you to be a "yes" woman! This means saying yes to things you may have said no to previously (as long as they are safe, add value to your life or that of a loved one, and will not put undue stress on you).

## ACTION PLAN

**This month I will create a daily gratitude practice.**

Write out your plan for practicing daily gratitude. We have some great links with ideas listed in this document. What supplies will you need? Do you need to tell anyone else about your plan? Do you need to set a reminder in your phone? How will you stick to this plan? Write it out and schedule it in!

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**This month I will find ways to spread cheer to others.**

Write out some ideas of how you will spread cheer this month (i.e. Buy a coffee for the person in line behind you, send a note to a friend you haven't seen in a while, surprise a parent with a flower delivery... check this document for more ideas). List out your ideas and put them on your fridge or mirror so you are reminded of your cheer plan every day!

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**This month I will say "yes"**

Write yourself a reminder note to be a "yes" woman. List out some ways in which you will embrace saying "yes" this month. Do you need an accountability partner to remind you of your commitment? Do you need to schedule a "yes" afternoon in your calendar?

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*"Enjoy the little things,  
for one day you may look back and realize  
THEY WERE THE BIG THINGS."*

—Robert Brault

Take a few moments to answer these questions about this month's challenges. Research shows that thinking through these questions and taking a moment to write out the answers can see success rate drastically improve!

**How important are each of these challenges to me? How will my life improve when I have succeeded at these challenges?**

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**My biggest struggles with this month's challenges will be:**

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**I will overcome these struggles by (be specific):**

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**I may need support with \_\_\_\_\_.**

**I can get that support from \_\_\_\_\_.**

**I will know I have succeeded when:**

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