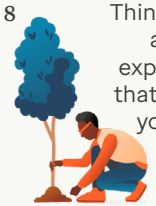
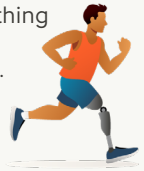
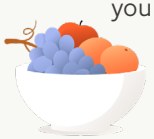
NOVEMBER 2026

Daily acts of *self-kindness*

Optum

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Thank your past self for something. What comes to mind?	2 Look at a photo of yourself that makes you feel good.	3 Take note of 2 recent accomplishments.	4 Give yourself a hug – literally. 	5 Take note of 3 things that give you joy.	6 Think of one good thing that happened yesterday.	7 Think about a time you felt proud of yourself.
8 Think about a recent experience that helped you grow. 	9 Do a deep breathing exercise.	10 Schedule a get-together with someone who brings you joy.	11 Take note of 3 things you like about yourself.	12 Recall a difficult experience and how you overcame it.	13  Get a good night's sleep.	14 Take note of 3 things you're grateful for
15 Tell someone close to you why they matter to you.	16 Do something special for yourself today.	17 Do something physical you enjoy. 	18 Make a plan for achieving a goal you have.	19 Reflect on a negative thought, now reframe it to be more positive.	20 Schedule some "me time."	21 Give yourself a break.
22 Do something you enjoy.	23 Note 3 things you're proud of about yourself.	24 Remember a time you excelled.	25 Let go of something you know you can't control.	26 Close your eyes and visualize your happy place.	27 Forgive yourself for a mistake you made.	28 Eat something you love and savor it. 
29 What drives your sense of purpose?	30  Reward yourself for completing this kindness mission.					

Did you know that being kind to yourself, practicing gratitude and showing yourself compassion can boost your overall mental health and wellbeing? Take a moment each day to be kind to ourselves.

Here are 30 ways to get started.
Say aloud, write down or record what comes to mind for each of the above

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