

November Well-Being Challenge

Focused attention and happiness can impact well-being in many ways and lead to personal success. Focused attention on a stimulus or activity is an important skill that helps efficiently carry out tasks in daily life. Boosting happiness levels may even lead to greater participation in activities that are healthier like exercise, socializing, and healthy eating and sleeping habits.

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28	29	30				



Here are some activities to consider during the November Well-Being Challenge to help focus your attention and boost happiness. Don't limit yourself to only these examples.

Focused attention	Boost happiness
Meditate/mindfulness	Have a good laugh
Exercise	Exercise
Raisin exercise	Create an easy goal to complete
Deliberate rest/brain break	Spend time outside
Read a long book slowly	Engage your senses during activities
Avoid multitasking	Make a happy playlist
Be attentive when listening	Watch a comedy
Sit quietly in a chair for five minutes	Journal
Listen to music	Hygge
Create a "not to do" list	Spend time with a pet
Yoga or tai chi	Smile
Put a jigsaw puzzle together	Perform a random act of kindness
Try sudoku	Declutter
Play memory games	Tame your materialism
Watch the second hand of a clock for five minutes	Write a gratitude letter to someone and read it to them over the phone or in person
Draw, doodle or color for 15 minutes	Connect with others
Spending time in nature	Learn a new hobby
Have a good laugh	Plan a trip
Have a healthy breakfast	Learn something new
Stay hydrated	See the positive in situations
Take short breaks every 90 minutes	Limit social media
Express your creativity	Follow your passion