

GROW YOUR
PRIVATE PRACTICE
Club

Making the most of *November*



LAST MONTHS REVIEW

1. What did you achieve & what projects did you complete over the last month?

2. What has been working well, and what have you been enjoying?

3. What challenges did you face and why?

4. What lessons did you learn?

5. What are you grateful for?

6. What do you want to do better this month?

7. What will stop you?

8. How can you protect yourself?

November

MOVEMBER - mens health awareness month

5th Guy Fawkes/bonfire night

5 - 9th International stress awareness week

7th UK national stress awareness day

7th Hug a bear day

12th Self care week

12th Anti bullying week

13th World kindness day

17th National HIV testing week

19th International mens day

19th Alcohol awareness week

19th World nursery rhymes week

20th Universal childrens day

20th Transgender day of remembrance

21st World television day

23rd Black Friday - sales!

25th November White ribbon day - stop family violence

25th International day for elimination of violence against women

30th Carers rights day

December

1st Anger awareness week

1st World aids day

3rd International day of persons with disability

5th International volunteers day

10th Human rights day

10th International animal rights

Consider

- Blogs
- Social Media
- Facebook Live
- Quote Images
- Tips
- Hashtags
- Questions to encourage engagement

Regular Tasks

- Accounts
- Admin
- Blogs/Content Creation
- Social Media Scheduling
- Self Care
- Also consider CPD

FOCUS ON HAPPINESS

Happiness is one of those words we regularly use, but do we really understand what we mean by the word?

There exists a collection of words that may or may not adequately describe what we mean when we say we are happy, for example

- Pleasure
- Gladness
- Satisfaction
- Contentment
- Well being

When seeking a definition that describes our happiness we perhaps firstly need to ask and answer some questions:

What is the source of our happiness

Does it come from within ourselves, for example is it having possessions like a new car, or gaining a qualification, or having a satisfying job, or going on exotic holidays, or having a good work/life balance, or is it having lots of free time?

Or is it coming from acts of altruism?

In other words putting the needs of others before our own, whereby we willingly give to others without expecting anything in return. For example:

- | | |
|---|---|
| <ul style="list-style-type: none">• Child rearing• Voluntary work• Listening time | <ul style="list-style-type: none">• Money• Gifts |
|---|---|

OR is it coming from others?

For example, being loved or valued by significant people in our lives and sometimes strangers who just say hello. Or is it the feel good factor of receiving an unexpected gift from others such as a hug or a compliment?

How long does happiness last?

Is it a short term series of quick fixes (guilty pleasures) or long term and enduring.

Is it sheer pleasure just for the sake of it, or is it meaningful? Is it instant gratification or does it have a logical reason for taking place?

Perhaps the above questions display the difficulties we have in defining the concepts of happiness and that the only genuine definition lies within each of us as individuals

Thus we may conclude that happiness is personal which in turn hopefully makes other people happy because we are happy?

Another view might be to treat the concept of happiness as an illusion and just accept that we are who we are, what we are and where we are, and no amount of self diagnosis navel-gazing or running around chasing happiness rainbows will change that fact.

1. Brainstorm

Action Steps

2. Brainstorm

Action Steps

3. Brainstorm

Action Steps

NOV

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WEEKLY TOPICS

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	