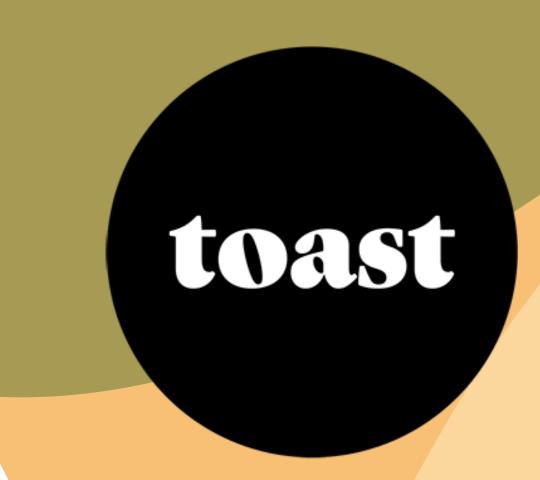
November 2021 Inspiration Calendar



mytoastlife.com

SUN	MON	TUE	WED	THU	FRI	SAT
	T <u>ry a new recipe</u> for World Vegan Day.	Get better sleep tonight. You deserve it.	3 Add some pep to your step today with a natural mood booster.	4 Get your start-up off the ground with advice from these founders.	Add a great new book to your fall reading list.	Get to know this trailblazing Indigenous artist.
Prep this twist on trail mix for a quick, healthy weekday snack.	8 Dare to talk salary with your colleagues. Here's how (& why).	Get inspired by these talented Instapoets .	Make your commute an enjoyable part of your day.	11 <u>Be someone's</u> <u>hero</u> on Veteran's Day.	12 Snuggle up on the sofa & check out a hidden gem on Netflix.	13 Add these asiago & onion scones to your fall comfort food roster.
For a cozy Sunday dinner, make these braised short ribs.	15 Overcome imposter syndrome & be your best, happiest self.	Stress less about your step count.	17 Create less waste today. See how Suppli is helping with that.	Support a small business that does good in your community.	19 Delight your senses — check out creations by 5 awesome digital artists.	20 Learn about regenerative agriculture & how it helps fight climate change.
21 Do one thing to help the oceans this week. Here are a few simple ways.	Navigate financial milestones like a boss.	23 Take care of you. Try one of these natural anxiety remedies.	24 Be like Dolly — Do something kind for someone who can't repay you.	Practice gratitude.	Try something new to boost your mental wellness.	27 Pop some popcorn & read about how this snack company is changing lives.
Make time for something you enjoy today.	Negotiate to get what you need at your job.	Do something to give back for #GivingTuesday.	This month, we're toasting to getting cozy and giving thanks! Sign up for our newsletter! We'll send you the hottest toast stories from time to time to brighten up your day.			