

November 2021

Inspiration Calendar

toast

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SUN	MON	TUE	WED	THU	FRI	SAT
	1 Try a new recipe for World Vegan Day.	2 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 .	5 Add a great new book to your fall reading list.	6 Get to know this trailblazing Indigenous artist .
7 Prep this twist on trail mix for a quick, healthy weekday snack.	8 Dare to talk salary with your colleagues. Here's how (& why) .	9 Get inspired by these talented Instapoets .	10 Make your commute an enjoyable part of your day.	11 Be someone's hero 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.
14 For a cozy Sunday dinner , make these braised short ribs .	15 Overcome imposter syndrome & be your best, happiest self.	16 Stress less about your step count .	17 Create less waste today. See how Suppli is helping with that.	18 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 .	22 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.	25 Practice gratitude. 	26 Try something new to boost your mental wellness .	27 Pop some popcorn & read about how this snack company is changing lives .
28 Make time for something you enjoy today.	29 Negotiate to get what you need at your job .	30 Do something to give back for #GivingTuesday.	<p>This month, we're toasting to getting cozy and giving thanks!</p> <p>Sign up for our newsletter! We'll send you the hottest toast stories from time to time to brighten up your day.</p> 			