



# ASK FOR HELP

We have to create our own manual for a healthy life, and this includes asking for help every time you don't know the path to get where you want to be.

## NOVEMBER 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Daylight Savings	2	3 Election Day	4	5	6	7
8	9	10	11 Veterans Day	12	13	14 Diwali
15	16	17	18	19	20	21
22	23	24	25	26 Thanksgiving	27	28
29	30					