A PLANNER FOR EDUCATORS AND FAMILIES

2026

November with Mila

Small steps, growing wings



This planner belongs to

Carmina Veytia | carveyteach.com

One month, one step at a time



This planner invites you to plan with purpose and flexibility. Use it for everyday life, your program or your family. You do not need to fill every page.

Make it yours

1 **Look at the month**

Write down important dates and commitments.

2 **Choose your goals**

Pick up to three manageable priorities.

3 **Plan your week**

Leave room to rest and make adjustments.

4 **Reflect with kindness**

Notice what you learned, even when plans change.

Mila reminds you: your worth is not measured by how many tasks you finish.

Printing: US Letter paper (8.5 × 11 inches), portrait orientation, actual size / 100%. If your printer clips the edges, choose “Fit”. Print only the pages you need. Weeks run from Sunday to Saturday.

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My month at a glance

NOVEMBER 2026 · Sunday to Saturday

Before you fill your month, leave a few open spaces. They belong in your plan, too.

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					

Dates I want to remember



My three goals for the month

A small, specific goal counts, too.

Choose what matters to you. You may change a goal when your needs change.

01

My goal

My first step

The support I need / when I will review it

02

My goal

My first step

The support I need / when I will review it

03

My goal

My first step

The support I need / when I will review it

Example: set up a calm corner. First step: choose two materials. I will check how it is working at the end of the week.

My plans take shape

Turn an idea into a manageable action.



01

My plan or project

Why it matters to me

Three possible steps

Materials, support or a date

02

My plan or project

Why it matters to me

Three possible steps

Materials, support or a date

Ideas that can wait

Writing them here lets me return to them later.

My week 01

November 1-7 · 2026



Begin with one small step. You do not have to do everything today.

My manageable priority

Sunday 1

Monday 2

Tuesday 3

Wednesday 4

Thursday 5

Friday 6

Saturday 7

Something I appreciate, learned or need

An adjustment I can make if needed

My week 02

November 8-14 · 2026



Listen to what you need before adding another task.

My manageable priority

Sunday 8

Monday 9

Tuesday 10

Wednesday 11

Thursday 12

Friday 13

Saturday 14

Something I appreciate, learned or need

An adjustment I can make if needed

My week 03

November 15-21 · 2026



Asking for support is a way to move forward, too.

My manageable priority

Sunday 15

Monday 16

Tuesday 17

Wednesday 18

Thursday 19

Friday 20

Saturday 21

Something I appreciate, learned or need

An adjustment I can make if needed

My week 04

November 22-28 · 2026



You can appreciate something and feel sad at the same time.

My manageable priority

Sunday 22

Monday 23

Tuesday 24

Wednesday 25

Thursday 26

Friday 27

Saturday 28

Something I appreciate, learned or need

An adjustment I can make if needed

My week 05

November 29-30 · 2026



Carry what helps into December; leave room for a fresh start.

My manageable priority

Sunday 29

Monday 30

Something I want to finish

Something I can adjust

Something I can leave for later

Support I will ask for

My first step in December

A note to myself

An adjustment I can make if needed

Mila’s small challenges



Choose a few, repeat them or change them. They are invitations, not obligations.

☐ 01

One-minute pause

Feel your feet and notice how you are.

☐ 02

Name a feeling

Finish: “Today I feel…” without judging.

☐ 03

Something I can do

Choose a five-minute task.

☐ 04

Ask for a hand

Make one specific request for support.

☐ 05

Connect with someone

Listen for a few minutes without rushing.

☐ 06

Make room

Simplify one small part of your day.

☐ 07

Look with curiosity

Notice something you usually overlook.

☐ 08

Create something

Draw, write or color just for enjoyment.

☐ 09

Recognize effort

Name something you or someone else tried.

☐ 10

Choose a pause

Stretch, drink water or rest if you can.

☐ 11

Change a phrase

Try “I choose one step” instead of “I must do it all”.

☐ 12

Celebrate what is possible

Notice progress, even when it is small.

A challenge does not have to go perfectly to teach you something.



My challenge for the month

Choose one of Mila’s challenges and try it at your own pace.

The challenge I choose

Why I choose it / my first step

Week	What I tried	How it went	What I will adjust
1-7			
8-14			
15-21			
22-28			
29-30			

Mila reminds you: you may repeat, change or leave a challenge. Discovering what helps matters more than filling every box.



Plans to share with children

Five invitations from Mila for ages 3-6, with adult support.

Invite without pressure. Adjust the time and ways to participate; children may speak, point, draw or pass.

01 My feelings forecast

Mila asks, “What is your sky like today?” Draw sunshine, clouds or rain to show a feeling. There is no correct answer.

When / materials

02 Breathing wings

Mila invites children to open and close their arms slowly and breathe comfortably for two or three breaths. Watching is welcome, too.

When / materials

03 One leaf, many ideas

Observe a clean autumn leaf or a picture. Mila invites children to describe its colors, shapes and textures. An adult selects the materials.

When / materials

04 Mila needs a hand

Make up a short story: Mila finds a task difficult. Ask, “What help could she request?” Act out different ways to offer support.

When / materials

05 Something to remember

Mila invites children to draw a moment, a person or something important from the day. It may be pleasant or difficult; do not require gratitude or joy.

When / materials



My needs and my support

Not everything needs to happen today or be done alone.

Mila invites you to make room: separate a real need from a pressure you can reconsider.

Needs attention soon

What is urgent and the first step I can take.

Can wait

What I can postpone and when I will revisit it.

Can be shared

A task or concern I can share, and with whom.

My specific request for support

“Could you help me with…?”



My care plan

Caring for myself belongs in my planner, too.

Mila’s ideas: release your shoulders, look out a window, breathe at your own pace, drink water or ask for a few minutes of support.

When I need a pause, I notice…

Three pauses I can choose

Something I can simplify

Someone I can ask for support

Choose what feels comfortable. If one pause does not help, you can try another.



My notes and ideas

Write, sketch, connect ideas or leave space for later.

A little space to draw



Closing November

Look back at your month with curiosity and kindness.

Something I achieved or tried

Something I learned about myself

Something I want to adjust or let go

A step I will carry into December

You do not need perfect wings to keep growing.

Thank you for sharing November with me.
With love, Mila

