




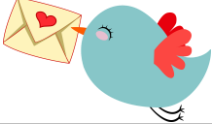











November – A Month of Gratitude

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Make a family recipe, with family if possible.</p> 	<p>2</p> <p>Pull out pictures and tell stories that include deceased family members.</p>	<p>3</p> <p> Go Vote!</p>	<p>4</p> <p>Turn off devices and have a conversation with a loved one (not about politics!)</p>	<p>5</p> <p>Find a quote that inspires you. Put it someplace you see often.</p> 	<p>6</p> <p>Identify a stressful situation from the week and find the silver lining.</p>	<p>7</p> <p>Start a Gratitude Journal and make a list of 6 things you are grateful for.</p> 
<p>8</p> <p>Go for a walk and appreciate your neighborhood.</p>	<p>9</p> <p>Smile at everyone you encounter.</p> 	<p>10</p> <p>Compliment someone (and yourself).</p>	<p>11</p> <p>Thank a Veteran.</p> 	<p>12</p> <p>Play your favorite song and DANCE.</p>	<p>13</p> <p>Perform a random act of kindness.</p>	<p>14</p> <p>Send a note (snail mail!) to a friend.</p> 
<p>15</p> <p>Record 10 blessings from the week in your gratitude journal.</p> 	<p>16</p> <p>Leave a kind note in a neighbor's mailbox.</p> 	<p>17</p> <p>Leave a note for a friend or family member to find, i.e. in a child's lunchbox.</p>	<p>18</p> <p>Meditate for at least 15 minutes.</p> 	<p>19</p> <p>Write a positive review of a product/service you have received.</p>	<p>20</p> <p>Help someone with a chore or errand.</p> 	<p>21</p> <p>In your gratitude journal, write 3 things you like about yourself.</p> 
<p>22</p> <p>Make a gift or give something of yours to someone you love.</p>	<p>23</p> <p>Cook one of your family member's favorite meals (even if you live alone!).</p>	<p>24</p> <p> Wake up early to enjoy the quiet.</p>	<p>25</p> <p>Call a family member you haven't spoken to in a while.</p>	<p>26</p> <p> Tell your loved ones why you are grateful for them.</p>	<p>27</p> <p>Buy something nice for yourself.</p>	<p>28</p> <p>Support a friend or family member's small business.</p> 
<p>29</p> <p> Donate or share food (even leftovers!)</p>	<p>30</p> <p>In your gratitude journal, record your favorite moments from the holiday.</p> 					

Grateful for the

small things, **BIG THINGS** &

everything in between.