

November 2023

30 days of gratitude

Gratitude is about giving thanks for the people, things and moments in your life. In this 30-day challenge, we invite you to give thanks through reflection and action.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Tell three people why you're grateful for them.	2 Spend time in your favorite room and experience the joy it brings.	3 Practice gratitude for the people who have come before you.	4 Call a friend and catch up.
5 Which book, poem or article did you enjoy this year?	6 Think about a tradition that began in your home.	7 What is your favorite time of day? Take five minutes to enjoy it.	8 End the day by listing three things that went well today.	9 Think about something you've learned from a teacher or mentor.	10 Express gratitude to everyone in your household, pets included!	11 Think about something great that has happened to you in the last year.
12 Think about a good memory you've had in your home.	13 Do something kind for yourself.	14 Greet a neighbor.	15 Write down three things that you are thankful for.	16 What moment are you glad was captured in a favorite photo?	17 What holiday do you most enjoy celebrating in your home?	18 Play one of your favorite songs.
19 Do something to improve your neighborhood or community.	20 What makes your home feel special?	21 Think of someone who makes you laugh.	22 Engage in a random act of kindness.	23 What made you smile today?	24 What is something you're grateful for that money can't buy?	25 Go outside and appreciate the beauty of nature.
26 Think of a time when your home provided you with a moment of safety.	27 What do you like best about your hometown?	28 Express gratitude for a gift you recently received.	29 Share a special meal with someone.	30 Celebrate all that you accomplished this month.		