

November 2020

gratitude calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Go for a walk, and find something beautiful.	2 Give a friend a genuine compliment.	3 Go out of your way to help someone.	4 Write down three things you like about school.	5 Smile at everyone you see today.	6 Spend time with someone you care about.	7 Bake a treat for your neighbor.
8 Cozy up under a blanket for a movie.	9 Lend a hand to someone who needs help.	10 Show yourself grace. Do your best and let that be enough.	11 Give a compliment to each member of your family.	12 Who is a teacher you are grateful for? Tell them!	13 Read a book that makes you happy.	14 Leave a note of encouragement in a public place.
15 Do an extra chore around the house.	16 Cheer on someone else's achievements out loud.	17 Let someone in front of you in line.	18 Tell your loved ones why you love them.	19 Hug someone (or a pet) who lives with you.	20 Think of someone who has made a difference in your life. Tell them.	21 Close your eyes and picture five things you are grateful for.
22 Call a friend or family member just to say hello.	23 Enjoy your favorite hot drink.	24 Write a special note for your mail carrier.	25 Make time to stop and breathe in your favorite scent.	26 What food are you most thankful for?	27 Snuggle up with a pet or stuffed animal.	28 Think about a tough situation in your life. How did you grow from it?
29 Write a letter to a relative who doesn't live with you.	30 Provide encouragement to a friend who is struggling with something.	<p>"The more you are in a state of <i>gratitude</i>, the more you will attract things to be <i>grateful</i> for."</p> <p>-Walt Disney</p>				