

GRATITUDE CALENDAR

NOVEMBER 1 Start a gratitude journal

NOVEMBER 2 Make a list of people you are grateful are in your life

NOVEMBER 3 Make a point to smile at people today

NOVEMBER 4 Recognize someone for their great customer service

NOVEMBER 5 Tip the waitstaff a little extra

NOVEMBER 6 Send a thank-you note to a friend

NOVEMBER 7 Write a list of the day's accomplishments

NOVEMBER 8 Send a caring text to someone who matters to you

NOVEMBER 9 Check in with your gratitude journal

NOVEMBER 10 Do something for yourself today

NOVEMBER 11 Make a donation to a local animal shelter

NOVEMBER 12 Create a self-care plan

NOVEMBER 13 Leave a thank you note for the mail-person

NOVEMBER 14 Check in with your gratitude journal

NOVEMBER 15 Check in with your gratitude journal

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NOVEMBER 16 Do something nice for yourself today

NOVEMBER 17 Review your favorite post in your gratitude journal

NOVEMBER 18 Create a gratitude jar

NOVEMBER 19 Add three things to the gratitude jar

NOVEMBER 20 Make sure to recognize someone for great customer service

NOVEMBER 21 Make a donation to a food pantry

NOVEMBER 22 Send thank you notes to your local veteran's center

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NOVEMBER 24 Write a thank-you note to yourself

NOVEMBER 25 Add something that made you smile to your gratitude journal

NOVEMBER 26 Do something nice for yourself

NOVEMBER 27 Add three things to your gratitude jar

NOVEMBER 28 Make a point to smile at everyone today

NOVEMBER 29 Call someone you are grateful for

NOVEMBER 30 Give a gift to someone who has done a lot for you
