

November Gratitude Challenge ~ 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p style="text-align: center;">“Feeling gratitude and not expressing it is like wrapping a present and not giving it.” (William Arthur Ward)</p>						<p style="text-align: center;">1</p> <p>Begin a Gratitude Journal, & every evening list at least 5 new things you are grateful for.</p>
2	3	4	5	6	7	8
Let a spiritual mentor know what their advice has meant to you.	Take a moment to be grateful for your food at each meal today, and enjoy each bite.	Give a random and sincere compliment to someone you do not know.	Identify something you're grateful for, that begins with each letter of the alphabet.	Look for a way to express gratitude for a difficult person or situation in your life.	Show gratitude to your Higher Self by building in some Selfcare time today.	Tell a family member what he/she means to you. Be as specific as you can!
9	10	11	12	13	14	15
Be grateful for ALL your senses, and create a spiritual practice that involves your 5 primary senses.	Say “thank you” to a child in your life — and spend quality time with him/her.	Veterans Day Express gratitude to someone who has served in the military.	Go for a long walk & be mindfully aware of and grateful for the beauty of nature.	Find 5 inspiring quotes about gratitude and generosity, and share them.	Notice how someone goes out of their way to be kind to you today ... and thank them.	Send an email to reconnect with a long-lost friend. (Try Facebook or LinkedIn to find them!)
16	17	18	19	20	21	22
Show gratitude for inner peace by taking a day off from all your technology.	Make a list of 5 past experiences that seemed bad, but how you chose to grow from them.	Thank someone who helped you, and be specific about how they impacted you.	Do a “secret” act of kindness for someone for whom you are grateful.	Create a unique “fun” gift for a friend that reflects something you value about them.	Show gratitude by taking the time to listen (really listen) to someone who needs to talk.	Thank a person who contributed to your spiritual growth--& tell them how they did it!
23	24	25	26	27	28	29
Make a list of everything about yourself for which you are grateful. (Go for at least 20!)	Call someone you haven't seen in a while, and let them know why you appreciate them.	Find 5 unique ways to show gratitude today.	Feel gratitude for preparations you are making for how to celebrate the holiday.		Express gratitude for left-overs, and have a fun meal (in person or over Zoom) with someone to share!	Make a list of the people in your life for whom you are grateful—and let one of them know it!
30	<p style="text-align: center;">“Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude.” (Denis waitley)</p>					
Spend joyful time reflecting on how the focus on gratitude this month has impacted you.						