




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