

November 2023 – Gratitude Challenge

Today I am
Grateful
for ...

Each day in November, review the prompt and write in your response. Take a moment to be thankful for how that response has impacted your life in a positive way.

Name: _____

Department: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 A place you feel cozy & secure	2 A person	3 A skill you are thankful for	4 1 thing you like about your body
5 Something you have accomplished	6 Favorite thing about fall	7 Something you like about work	8 1 positive from this past year	9 1 thing you like about your home	10 1 thing you like about your town	11 Someone who inspires you
12 Another person	13 A tradition you enjoy	14 An animal you're thankful for	15 Something that motivates you	16 A passion you enjoy	17 Your favorite fall food	18 Your favorite place in nature
19 A smell that you love	20 Your favorite sight to see	21 1 thing that made you smile today	22 A sentimental item you cherish	23 Your favorite fall drink	24 A sound that you love to hear	25 1 thing you love about your family
26 1 item you already have	27 A place you feel peaceful	28 Another person you love	29 1 thing you are looking forward to	30 A memory you cherish		

Turn in your completed log through interdepartmental mail to **Jenifer Pressley** at the **Cullowhee Recreation Center** by December 11th.