

# November 2025

## Gratitude Challenge

With holidays approaching, this is a great time of the year to reflect on what you're grateful for. Gratitude is one feeling that some may have when they receive something from someone else or when something positive happens in their life. Having and recognizing gratitude may help increase overall happiness and positivity in life.

Each day this month, take a moment to reflect on what you're grateful for or something that's inspiring. Write down at least two responses each day.

Name \_\_\_\_\_ Department \_\_\_\_\_

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Please submit completed challenge through interdepartmental mail to **Jenifer Pressley** at the Cullowhee Recreation Center by **December 5th**.