



November 2020 30 Days of Gratitude

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>	<i>Sat</i>
1 A person you care about _____	2 A place you feel cozy and secure _____	3 A memory you cherish _____	4 A skill you're thankful for _____	5 1 thing you like about your body _____	6 Favorite thing about Fall _____	7 Something you accomplished _____
8 Something you like about work _____	9 1 positive from this past year _____	10 1 thing you like about your home _____	11 1 thing you like about your town _____	12 Someone who inspires you _____	13 Another person you care about _____	14 A tradition you enjoy _____
15 An animal you're thankful for _____	16 Something that motivates you _____	17 A passion you enjoy _____	18 Your favorite Fall food _____	19 Your favorite place in nature _____	20 A smell that you love _____	21 Your favorite sight to see _____
22 1 thing that made you smile today _____	23 A sentimental item you cherish _____	24 Your favorite Fall drink _____	25 A sound that you love to hear _____	26 1 thing you love about your family _____	27 1 item you already have _____	28 A place you feel peaceful _____
29 Another person you love _____	30 1 thing you are looking forward to _____	<p>Each day in November, review the prompt and write in your response. Take a moment to be thankful for how that person, item, etc has impacted your life in a positive way. <u>At the end, give yourself 1 point for each day you participate.</u></p> <p>The year 2020 has been very challenging for us all, though we know there is still always something to be thankful for.</p>				

