


# November 30 Days of Gratitude

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.

Turn in completed log through interdepartmental mail to **Jenifer Pressley** at the **Cullowhee Recreation Center** by December 10th.

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