



Thanksgiving Gratitude

November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Make a list of people in your life for whom you are grateful	2 Give a kind compliment to someone at work.	3 Send a gratitude text or email to 2 ppl who on your "grateful list"	4 Make or send a meal for a friend, or neighbor
5 Make cheerful cards for the elderly *	6 Do another family member's chore for them	7 Smile at everyone you see TODAY	8 Make a list of any kindness ppl have shown you for which you are grateful	9 Give a kind compliment to a register clerk and use their name	10 Send a gratitude text or email to someone who was kind to you.	11 Make blessing bags to keep in the car *
12 Write a note or call a faraway friend or relative	13 Drop off any Operation Christmas Child shoebox gifts *	14 Smile at everyone you see TODAY	15 Make a list of any new skills you learned for which you are grateful	16 Shower someone with kind compliments like confetti!	17 Thank the person who taught you that new skill you learned	18 Drop off baked goods at your police or fire station
19 Make a cheerful card for a soldier *	20 Forgive someone Today	21 Smile at everyone you see TODAY	22 Make a list of all the things in your life for which you are grateful		24 Black Friday Let someone get in front of you in line	25 Check your coat closet to donate warm coats to charity
26 Make a cheerful card for a child in the hospital *	27 Feed the Birds *	28 Smile at everyone you see TODAY	29 Review your 4 gratitude lists	30 Do a kindness for YOURSELF long walk, movie, rest, manicure, read	