



November 2020 Gratitude Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <i>With your family, create a gratitude jar</i>	3 <i>For which family tradition are you grateful for?</i>	4 <i>What do you like the most about your culture and that you are thankful for?</i>	5 <i>What do you thank your childhood for?</i>	6 <i>Tell your parents how much you appreciate them and what you thank them for</i>	7
8	9 <i>What smell are you thankful for?</i>	10 <i>Your body is wonderful, what do you give it thanks for today?</i>	11 <i>What foods are you grateful for?</i>	12 <i>What are 3 things that you are grateful for at the end of today?</i>	13 <i>Write a thank you note to yourself</i>	14
15	16 <i>Practice gratitude meditation</i>	17 <i>Replace a complain with a blessing</i>	18 <i>Listen to a song that reminds you of a special moment and for which you feel thankful for</i>	19 <i>Close your eyes and think of 10 things for which you are thankful for</i>	20 <i>For which friendship are you thankful for?</i>	21
22	23 <i>Thank the fall for all the changes that has brought to your life</i>	24 <i>Complete la phrase "I feel blessed for..."</i>	25 <i>Call a special person in your life and thank them for being part of your story</i>	26 <i>What are you thankful for this 2020?</i>	27 <i>Take a walk as a family and thank everything in nature</i>	28
29	30 <i>As a family, read the noted from your gratitude jar</i>	<p><i>Gratitude is the healthiest of all human emotions.</i> <i>~Zig Ziglar</i></p>				