



S M T W T F S

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| | 1 Start a Gratitude Journal. | 2 Text & thank a friend out of a blue. | 3 Write at least 3 things you like about your body. | 4 Leave an encouraging note on a public place. | 5 Write down 5 good things about your day. | 6 Send a quick appreciation text to a family member. |
| 7 Let your first thought in the morning be something positive. | 8 Replace every complaint with something positive. | 9 Write down 3 memories you are most thankful for. | 10 Do something kind for yourself. | 11 Support veteran-owned businesses. #VeteransDay | 12 Share positivity with someone. | 13 Buy a meal for someone. |
| 14 Learn something new; a skill, a trivia fact, anything! | 15 Today, remind yourself: "There is always, always, always something to be thankful for." | 16 Think of 3 things you appreciate about your job. | 17 Write down 3 self affirmations. | 18 Cheer on somebody else's achievement out loud. | 19 Give some appreciation to all the men who made a difference in your life today. #internationalmensday | 20 Hold the door open for a stranger. |
| 21 Try a guided meditation before going to sleep. | 22 Take a photo of one thing you are grateful for every day for a week. | 23 Write down a simple pleasure that you're grateful for. | 24 Donate things you no longer use. | 25 Write a letter to someone you appreciate & deliver the letter in person. #Thanksgiving2021 | 26 Go for a walk & make a special effort to appreciate your surroundings. | 27 Help promote local businesses in your area via social media or patronizing one today. |
| 28 Share this quote today: "Be grateful, not only for others, but for yourself." | 29 Acknowledge one ungrateful thought today & transform it into a grateful one. | 30 Donate to your favorite cause or a fundraiser. | | | | |

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