

the Gratitude Plan

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Start a gratitude journal - fill the pages all month long!	2 A moment from today	3 An old friend - remind them how important they are to you!	4 A simple joy or comfort	5 A place you love to visit - make a plan to return!	6 A season of each year
7 An accomplishment - be proud of yourself!	8 An aspect of nature	9 An exercise you are able to do - spend 30+ min moving!	10 A scent or smell	11 A freedom - thank a Veteran for making it possible! <i>veteran's day</i>	12 A color or color combination	13 Write a thank you note - add a stamp & mail it
14 3 items you use everyday	15 A song - play it full volume & sing along!	16 Something you saw today	17 A family member - pick up the phone and tell them you love them!	18 A positive trait of your body	19 An aspect of your job or work environment	20 Something you take for granted
21 A new friendship	22 Create a list of memories - collect photos & stories so you'll never forget!	23 A character trait you possess	24 <i>Thanksgiving</i>	25 An item you recieved as a gift	26 A small business - write a glowing review online!	27 A challenge you've overcome.
28 Someone who makes you feel seen - tell them how special they are!	29 A food, snack, taste or drink	30 Reflect on how a month of intentional gratitude has changed your life.	NOTES:			