

30 Days of GRATITUDE

choose love™
for communities

ChooseLoveMovement.org

Thanks giving

NOVEMBER 2020

SUN	MON	TUE	WED	THU	FRI	SAT
1 REFLECT ON THE BLESSINGS YOU HAVE IN YOUR LIFE.	2 MAKE A GRATITUDE JAR AND EVERY DAY WRITE DOWN WHAT YOU WERE GRATEFUL FOR.	3 THINK OF HAPPY MEMORIES AND HOW THEY BRING YOU JOY.	4 WRITE A THANK YOU NOTE TO SOMEONE WHO HAS BROUGHT YOU HAPPINESS.	5 DO A MEDITATION ON GRATEFULNESS.	6 WRITE DOWN 3 THINGS YOU LOVE ABOUT YOURSELF. USE THESE POSITIVE AFFIRMATIONS TO HELP YOU COPE THROUGH STRESS.	7 FOCUS ON YOUR THOUGHTS & CHANGE ONE ANGRY THOUGHT TO A GRATEFUL ONE.
8 CREATE A THANK YOU SIGN FOR ESSENTIAL WORKERS.	9 FIND A QUOTE THAT SPEAKS TO YOU AND HOW YOU CAN INCORPORATE INTO YOUR LIFE.	10 WHAT ARE YOU GRATEFUL FOR IN THIS VERY MOMENT? TAKE TIME TO REFLECT FOR FIVE MINUTES.	11 CELEBRATE THE TROOPS SERVING NOW AS WELL AS FAMILY AND FRIENDS WHO HAVE SERVED IN THE PAST.	12 BE MORE SELF-AWARE AND RECOGNIZE THAT YOU NEED TO NURTURE YOUR OWN SELF.	13 ASK YOURSELF: WHAT IS DIFFERENT TODAY THAN A YEAR AGO THAT I AM GRATEFUL FOR?	14 TAKE A MOMENT TO CONNECT TO ELDERS IN YOUR FAMILY, A FRIEND OR A NEIGHBOR.
15 TELL THE CHILDREN IN YOUR LIFE HOW YOU FEEL ABOUT THEM. GIVE THEM A BIG HUG TODAY.	16 BE GRATEFUL FOR YOUR PARENTS OR GUARDIANS. GIVE THEM A HUG.	17 BE GRATEFUL FOR YOUR NEIGHBORHOOD AND EVERYTHING IT HAS TO OFFER.	18 WHAT ANIMALS ARE YOU GRATEFUL FOR? A FAMILY PET? FARM ANIMAL? WILD ANIMAL? OR EVEN ONE THAT IS EXTINCT.	19 WHAT ARE TWO WORDS THAT DEFINE WHAT YOU ARE GRATEFUL FOR?	20 CREATE A GRATITUDE GARDEN BY WRITING DOWN THINGS YOU ARE GRATEFUL FOR ON PAPER FLOWER NOTES.	21 THINK OF 5 THINGS YOU TAKE FOR GRANTED BUT ACTUALLY VALUE.
22 THINK ABOUT WHAT GRATITUDE MEANS TO YOU AND WRITE A POEM ABOUT IT.	23 WHAT ARE 3 THINGS IN YOUR LIFE THAT YOU ARE GRATEFUL TO HAVE? WHY?	24 THINK ABOUT A SPECIAL PLACE THAT MAKES YOU FEEL GOOD. VISIT OR FIND PICTURES OF IT.	25 WHO IS SOMEONE THAT INSPIRES YOU TO BE A BETTER AND KINDER PERSON?	26 HAPPY THANKSGIVING! READ FROM YOUR GRATITUDE JAR!	27 WHAT IS YOUR FAVORITE FAMILY RECIPE OR FOOD TRADITION? SHARE IT WITH YOUR FAMILY.	28 WHAT ACTIVITIES ARE YOU GRATEFUL TO BE A PART OF? THANK THE PERSON WHO MAKES IT POSSIBLE.
29 WRITE A LIST OF 5 THINGS YOU ARE GRATEFUL FOR THAT DON'T COST A SINGLE DIME.	30 BE GRATEFUL EVERYDAY - CHOOSE LOVE!					

choose love™
for communities