


Gratitude Calendar ~ November 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Begin a Gratitude Journal, & every evening list at least 5 things you are grateful for that day.	Say "thank you" to at least 2 clients or customers for something specific they have done.	Give someone you work with an honest, sincere compliment.	Make a list of the people in your work life for whom you are grateful & find ways to let them know.	Let a mentor know what his/her advice has meant to you.
6	7	8	9	10	11	12
Forgive someone today, and find something about him/her for which you can be grateful.	Leave a thank-you note [with your tip] for someone who waits on you.	Give a random and sincere compliment to someone you do not know.	Enjoy a feeling of gratitude that the election process is over! (We affirm it really is over!)	Say "thank you" to a child in your life — and spend quality time with him/her.	Veterans Day Express gratitude to someone who has served in the military.	Tell a family member what he/she means to you.
13	14	15	16	17	18	19
Show gratitude for inner peace by taking a day off from all your technology.	Thank someone who helped you at work, and tell them how they did it.	Call someone you haven't seen in a while, and let them know why you appreciate them.	Look for a way to express gratitude for a difficult person or situation in your life.	Write a letter to thank a former boss.	Tell each member of your team or work group how much you appreciate them—and why.	Send an email to a co-worker from your past. (Try Facebook or LinkedIn to find them!)
20	21	22	23	24	25	26
Find 5 unique ways to show gratitude today.	Make a list of 5 past experiences that seemed bad, but for which you are now grateful.	Say "thank you" to your manager and share one reason you appreciate him/her.	Do a "secret" act of kindness for someone you work with.		Share your leftovers with someone, and express gratefulness in your abundance.	Thank a person who contributed to your personal growth--& tell them how they did it!
27	28	29	30	<p><i>Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.</i> (William Arthur Ward)</p>		
Make a list of everything about yourself for which you are grateful. (Go for at least 20!)	Show gratitude by taking the time to listen (really listen) to someone who needs to talk.	Go for a long walk & be mindfully aware of the beauty of nature.	Spend quality time focusing on the impact of practicing intentional gratitude this month!			