

# Gratitude Challenge for Extraordinary Leaders November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Piglet noticed that even though he had a very small heart, it could hold a rather large amount of Gratitude! (A.A. Milne, winnie-the-Pooh series)			1	2	3	4
5	6	7	8	9	10	11
Forgive someone today, and find something about him/her for which you can be grateful.	Let a mentor know what his/her advice has meant to you.	Give a random and sincere compliment to someone you do not know.	Come up with something you're grateful for, that begins with each letter of the alphabet.	Look for a way to express gratitude for a difficult person or situation in your life.	Have a "Huddle Meeting" with your team and let everyone express a specific gratitude..	<b>Veterans Day</b> Express gratitude to someone who has served in the military.
12	13	14	15	16	17	18
Be grateful for your senses, and create a spiritual practice that involves your 5 primary senses.	Find 5 unique ways to show gratitude today.	Forgive someone today, and find something about him/her for which you can be grateful.	Notice how someone goes out of their way to be kind to you today...and thank them.	Go for a long walk & be mindfully aware of and grateful for the beauty of nature.	Find 5 inspiring quotes about gratitude and generosity, and share them.	Send an email to reconnect with a long-lost colleague. (Try Facebook or LinkedIn to find them!)
19	20	21	22	23	24	25
Show gratitude for inner peace by taking a day off from all your technology.	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.		Express gratitude for left-overs, and have a fun meal (in person or over Zoom) with someone to share!	Thank a person who contributed to your spiritual growth--& tell them how they did it!
26	27	28	29	30		
Make a list of everything about yourself for which you are grateful. (Go for at least 20!)	Give someone you work with an honest, sincere compliment.	Write an email, text, or letter to thank a former boss or mentor.	Find 5 unique ways to show gratitude today.	Spend joyful time reflecting on how the focus on gratitude this month has impacted you.		