


Gratitude Calendar ~ November 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
A Giving Consciousness radiates from an awareness that you have abundance! You are a Field of Infinite Potential! (Bil & Cher Holton)					Begin a Gratitude Journal, & every evening list at least 5 things you are grateful for that day.	Make a list of the people in your life for whom you are grateful—and let one of them know it!
3	4	5	6	7	8	9
Forgive someone today, and send them a sincere blessing from your heart.	Let a spiritual mentor know what their advice has meant to you.	Give thanks for the privilege of voting, and thank those who volunteer at the voting booths.	Tell a family member what he/she means to you. Be as specific as you can!	Say “thank you” to a child in your life ... and make time to be with them with your full attention.	Take a moment to be grateful for your food at each meal today, and enjoy each bite.	Come up with something you’re grateful for, that begins with each letter of the alphabet.
10	11	12	13	14	15	16
Show gratitude for Silence by taking a day off from technology.	Veterans Day Express gratitude to someone who has served in the military.	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 teacher and let them know the impact they had on you.	Tell the check-out person in the grocery store how much you appreciate them.	Send an email to reconnect with a long-lost friend. (Try Facebook or LinkedIn to find them!)
17	18	19	20	21	22	23
Find 5 unique and unusual ways to show gratitude today.	Make a list of 5 past experiences that seemed bad, but you found ways to use for good.	Create a Gratitude Collage, with words and pictures that illustrate your gratitude.	Do a “secret” act of kindness for someone who has blessed your life.	Find 5 inspiring quotes about gratitude and generosity, and share them.	Share your leftovers with someone, and express gratefulness in your abundance.	Thank a person who contributed to your Spiritual growth and enrichment--& tell them how they did it!
24	25	26	27	28	29	30
Make a list of everything about yourself for which you are grateful. (Go for at least 20 things!)	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 and grateful for the beauty of nature.	Notice how someone goes out of their way to be kind to you today...and thank them.		Leave a thank-you note [with your tip] for someone who waits on you.	Spend joyful time in meditation focusing on gratitude for your Spiritual growth this month.