



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
<p><i>Generosity is a great adventure! Join us on the journey ... and Be Extraordinary! (Bil & Cher, Holton)</i></p>				<p>Begin a Gratitude Journal, & every evening list at least 5 things you are grateful for that day.</p>	<p>Make a list of the people in your life for whom you are grateful—and let one of them know it!</p>	<p>Leave a thank-you note [with your tip] for someone who waits on you.</p>
4	5	6	7	8	9	10
<p>Forgive someone today, and send them a sincere blessing from your heart.</p>	<p>Let a spiritual mentor know what their advice has meant to you.</p>	<p>Give thanks for the privilege of voting, and thank those who volunteer at the voting booths.</p>	<p>Tell a family member what he/she means to you. Be as specific as you can!</p>	<p>Say “thank you” to a child in your life ... and make time to be with them with your full attention.</p>	<p>Take a moment to be grateful for your food at each meal today, and enjoy each bite.</p>	<p>Come up with something you’re grateful for, that begins with each letter of the alphabet.</p>
11	12	13	14	15	16	17
<p>Veterans Day Express gratitude to someone who has served in the military.</p>	<p>Show gratitude for Silence by taking a day off from technology.</p>	<p>Call someone you haven’t seen in a while, and let them know why you appreciate them.</p>	<p>Look for a way to express gratitude for a difficult person or situation in your life.</p>	<p>Write a letter to thank a former teacher and let them know the impact they had on you.</p>	<p>Tell the check-out person in the grocery store how much you appreciate them.</p>	<p>Send an email to reconnect with a long-lost friend. (Try Facebook or LinkedIn to find them!)</p>
18	19	20	21	22	23	24
<p>Find 5 unique and unusual ways to show gratitude today.</p>	<p>Make a list of 5 past experiences that seemed bad, but you found ways to use for good.</p>	<p>Create a Gratitude Collage, with words and pictures that illustrate your gratitude.</p>	<p>Do a “secret” act of kindness for someone who has blessed your life.</p>	<p>Celebrate! </p>	<p>Share your leftovers with someone, and express gratefulness in your abundance.</p>	<p>Thank a person who contributed to your Spiritual growth and enrichment--& tell them how they did it!</p>
25	26	27	28	29	30	
<p>Make a list of everything about yourself for which you are grateful. (Go for at least 20 things!)</p>	<p>Show gratitude by taking the time to listen (really listen) to someone who needs to talk.</p>	<p>Go for a long walk & be mindfully aware of and grateful for the beauty of nature.</p>	<p>Notice how someone goes out of their way to be kind to you today...and thank them.</p>	<p>Find 5 inspiring quotes about gratitude and generosity, and share them.</p>	<p>Spend joyful time in meditation focusing on gratitude for your Spiritual growth this month.</p>	