

Sweet November 30 Day Gratitude Challenge

NOVEMBER 2017

SUN	MON	TUE	WED	THU	FRI	SAT
			01 Start gratitude journal	02 What did you love about today?	03 Compliment a stranger	04 List 11 people you are grateful for
05 Go out of your way to help someone today	06 List 11 things you LOVE about yourself	07 Meditate before bed.	08 Give someone a hug or kiss	09 Support a local business	10 Who inspires you? Tell them.	11 Send a friend or family a card
12 Smile :) Just because	13 Write yourself a love note.	14 Replace a negative thought with a positive	15 Call your parents or grandparents	16 Forgive yourself. You ARE enough!	17 Be there for a friend. Listen	18 Appreciate nature. Hug a tree!
19 Think about last week, what are you grateful for?	20 Listen to a song that makes you dance	21 Give someone a gift	22 24 hours of positivity	23 List 11 people who have helped & inspired you	24 Write your fav quote. Why do you love it?	25 Do a random act of kindness
26 Watch a holiday movie all cozy!	27 Send a prayer for someone in need	28 Show Support to a friend /families goals	29 List goals you accomplished	30 Read over the past 30 days. Hug yourself.		