

NOV - DEC 2020

PICK ONE OF THESE & LIST THE WAYS OR ANSWER THE QUESTION IN THE CAELNDAR BOXES ON THE RIGHT OR IN YOUR JOURNAL.

- 1.) REMIND YOURSELF OF 5 THINGS YOU ARE GRATEFUL FOR.
- 2.) THINK OF 5 THINGS YOU WOULD NOT CHANGE ABOUT YOUR LIFE.
- 3.) THINK OF 5 PEOPLE YOU ARE HAPPY TO HAVE IN YOUR LIFE.
- 4.) REMIND YOURSELF OF 5 SKILLS YOU BRING TO THE WORLD.
- 5.) WHAT ARE 5 MEMORIES YOU ARE MOST GRATEFUL FOR?
- 6.) REMEMBER 5 WAYS OTHERS HAVE HELPED YOU AND HOW IT FELT.
- 7.) TODAY I AM GRATEFUL FOR SILENCE.
- 8.) NAME 5 THINGS THAT YOU ARE GLAD HAPPENED IN YOUR LIFE.
- 9.) I AM GRATEFUL I CAN SEE BEAUTY.
- 10.) I AM GRATEFUL I CAN SMELL FOOD, FLOWERS, ETC.
- 11.) I AM GRATEFUL FOR MY SENSE OF TASTE
- 12.) I AM GRATEFUL FOR THE GIFT OF THIS DAY.
- 13.) MY DAY IS WONDERFUL.
- 14.) I APPRECIATE PEOPLE WHO COME INTO MY LIFE.
- 15.) GRATITUDE IS A LINE TO THE DIVINE.
- 16.) I AM GRATEFUL FOR MY ABUNDANCE.
- 17.) I AM THANKFUL FOR OTHERS' ATTRIBUTES.
- 18.) I AM GRATEFUL FOR SPECIAL PEOPLE IN MY LIFE.
- 19.) TODAY, I FORGIVE AS I WISH TO BE FORGIVEN.
- 20.) I AM THANKFUL FOR WHAT I HAVE RECEIVED.
- 21.) I AM GRATEFUL FOR OPPORTUNITIES TO HELP OTHERS.
- 22.) I AM GRATEFUL TO WAKE UP FEELING WELL.
- 23.) I OWE THE WORLD AN ATTITUDE OF GRATITUDE.
- 24.) I AM GRATEFUL FOR MEMORIES OF GOOD TIMES & GOOD FRIENDS.
- 25.) I AM THANKFUL FOR WHAT I HAVE NOT RECEIVED YET.
- 26.) WHEREVER I TURN, I ONLY SEE BEAUTY.
- 27.) I AM GRATEFUL THAT I AM ABLE TO REST WELL.
- 28.) I OFFERED MY BEST SELF IN THESE WAYS.
- 29.) I'M GRATEFUL I WAS ABLE TO BE STRONG.
- 30.) I'M GRATEFUL I CAN DREAM BIG.
- 31.) I'M THANKFUL MY THOUGHTS CAN BECOME REALITY.

MON	TUE	WED	THU	FRI	SAT	SUN

GRATITUDE CALENDAR