

# NOVEMBER 2022 GRATITUDE EVERY DAY

MON

TUE

WED

THU

FRI

SAT

SUN

1

A color I am thankful for

2

A family member I am thankful for

3

A song I am thankful for

4

A memory I am thankful for

5

A food I am thankful for

6

A place I am thankful for

7

A book I am thankful for

8

A friend I am thankful for

9

An animal I am thankful for

10

A goal I am thankful for

11

A freedom I am thankful for

12

A dream I am thankful for

13

A teacher I am thankful for

14

A season I am thankful for

15

A treasure I am thankful for

16

A smell I am thankful for

17

A thing in nature I am thankful for

18

A possession I am thankful for

19

A promise I am thankful for

20

A time of day I am thankful for

21

An act of kindness I am thankful for

22

A piece of advice I am thankful for

23

A talent I am thankful for

24

A tradition I am thankful for

25

A memory from yesterday I am thankful for

26

A mystery I am thankful for

27

A word I am thankful for

28

A lesson I am thankful for

29

A game I am thankful for

30

An article of clothing I am thankful for

Use the prompts each day to think about what you're thankful for. Share your answers with someone else or write them in a journal.

traci  
smith

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MON	TUE	WED	THU	FRI	SAT	SUN
	<b>1</b> A color I am thankful for	<b>2</b> A family member I am thankful for	<b>3</b> A song I am thankful for	<b>4</b> A memory I am thankful for	<b>5</b> A food I am thankful for	<b>6</b> A place I am thankful for
<b>7</b> A book I am thankful for	<b>8</b> A friend I am thankful for	<b>9</b> An animal I am thankful for	<b>10</b> A goal I am thankful for	<b>11</b> A freedom I am thankful for	<b>12</b> A dream I am thankful for	<b>13</b> A teacher I am thankful for
<b>14</b> A season I am thankful for	<b>15</b> A treasure I am thankful for	<b>16</b> A smell I am thankful for	<b>17</b> A thing in nature I am thankful for	<b>18</b> A possession I am thankful for	<b>19</b> A promise I am thankful for	<b>20</b> A time of day I am thankful for
<b>21</b> An act of kindness I am thankful for	<b>22</b> A piece of advice I am thankful for	<b>23</b> A talent I am thankful for	<b>24</b> A tradition I am thankful for	<b>25</b> A memory from yesterday I am thankful for	<b>26</b> A mystery I am thankful for	<b>27</b> A word I am thankful for
<b>28</b> A lesson I am thankful for	<b>29</b> A game I am thankful for	<b>30</b> An article of clothing I am thankful for	Use the prompts each day to think about what you're thankful for. Share your answers with someone else or write them in a journal.			

