

NOVEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Welcome to the November Gratitude Journey with UTO. Each day, you'll see a question to help you spend a moment giving thanks for something in your life. You can journal your answer, take a photo and share with us on social media, or discuss over dinner with friends/family.	1 This week, we're giving thanks for nature. Give thanks for your favorite fall fruit and/or vegetable.	2 Give thanks today for your favorite fall outdoor experience.	3 Give thanks today for your favorite fall outdoor experience.	4 Today we invite you to rest & reconnect with nature by doing something kind for the earth.		
5 This week, we're giving thanks for ourselves. Give thanks for the amazing person you are.	6 Give thanks today for at least one way you are creative.	7 Give thanks today for a physical activity you enjoy doing.	8 Give thanks today for something you learned recently.	9 Give thanks today for something you are proud of.	10 Give thanks today for your personality.	11 Today we invite you to rest & reconnect by doing something kind for yourself.
12 This week, we're giving thanks for community. Give thanks for the best thing in your town.	13 Give thanks today for your favorite outdoor spot in your town.	14 Give thanks today for your favorite non-profit.	15 Give thanks today for a favorite spot only the locals know.	16 Give thanks today for your favorite town tradition/event.	17 Give thanks today for your favorite place to go for fun in your town.	18 Today we invite you to rest & reconnect by doing something kind for your community.
19 This week, we're giving thanks for others. Give thanks for those who matter the most to you.	20 Give thanks today for your neighbors and neighborhood.	21 Give thanks today for your community leaders.	22 Give thanks today for your family/friends.	23 Give thanks today for those you are gathered with.	24 Give thanks today for those who work while others rest on days off.	25 Today we invite you to rest & reconnect by doing something kind for others.
26 This week, we're giving thanks for home. Give thanks for your favorite thing about home.	27 Give thanks today for something you fixed or created at home.	28 Give thanks today for your favorite outdoor spot at home.	29 Give thanks today for the most comfortable spot to relax.	30 Give thanks today for your favorite way to celebrate the holidays.	What's next? We hope you'll consider adding gratitude practices to your daily routine. UTO offers more gratitude resources at www.unitedthankoffering.com	



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please consider making a
thank offering using this QR code.